

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



MENTAL HEALTH IN TARRANT COUNTY

MENTAL HEALTH VS. MENTAL ILLNESS

MENTAL HEALTH

- Includes our emotional, psychological, and social well-being
- It affects how we think, feel, and behave
- It helps determine how we relate to others and make healthy choices
- **Everyone has mental health**; it can range from poor to excellent and can vary over one's lifetime



MENTAL ILLNESS

- **Clinically diagnosable illness** that affects a person's thinking, feeling, mood, or behavior
- Affects one's ability to relate to others and function each day
- Conditions may be occasional or long-lasting
- Examples are depression, anxiety, bipolar disorder, or schizophrenia



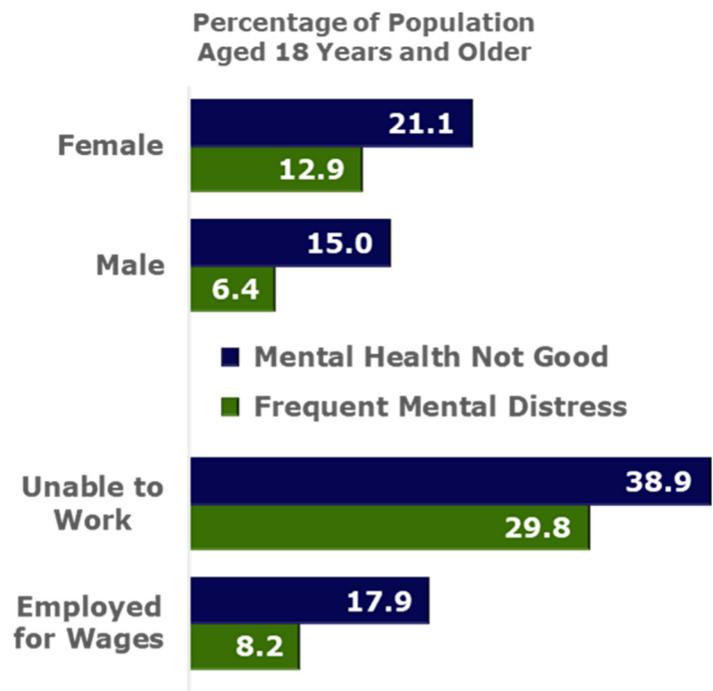
Mental Health Not Good
Tarrant County adults aged 18+ who reported mental health not good for 5 or more days during the previous 30 days



Frequent Mental Distress
Tarrant County adults aged 18+ who reported mental health not good for 14 or more days during the previous 30 days

There were statistically significant differences by gender and employment in self-reported poor mental health days. However, there were no statistically significant differences by race/ethnicity, education or income among mental health indicators.

Figure 1. Prevalence of selected mental health indicators among Tarrant County adults aged 18 years and older by gender and employment status, 2020



DEPRESSIVE DISORDERS[†]

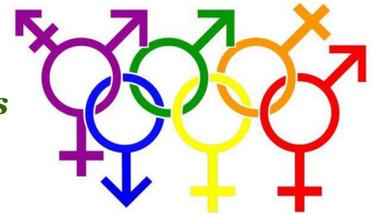


ONE out of **SIX** Tarrant County adults has been diagnosed with a depressive disorder

The percentage of adults reporting depressive disorders was **twice as high** among Tarrant County adults in their 30's compared to those aged 60+



The prevalence of depressive disorders was **higher** among **females** compared to males (22% vs 14%) and **sexual minorities** compared to heterosexuals (24% vs 18%) but not at statistically significant levels



KNOW THE SIGNS OF DEPRESSION



Persistent sadness, anxiety, or "empty mood"



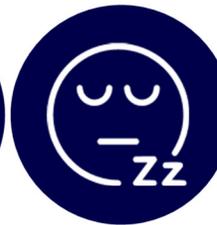
Loss of appetite



Feelings of inappropriate guilt or hopelessness



Decreased energy or fatigue



Changes in sleep pattern



Thoughts of death or suicide

Resources and Support

- **JPS Behavioral Health Services:** Provides a full continuum of behavioral health services including emergency, inpatient, and outpatient services for children, adolescents, and adults [<https://jpshealthnet.org/get-care/services/behavioral-health>]
- **Mental Health America of Greater Tarrant County:** Provides a link between individuals and the complex array of mental health services available in the community [<http://mhatic.org/>]
- **MHMR of Tarrant County:** Provides health to children, adolescents, and adults with severe mental illness and other serious emotional disturbances [www.mhmrtarrant.org]
- **Tarrant Cares:** Find a mental health provider and other resources [<https://tarrant.tx.networkofcare.org/mh/>]
- **24-hour Crisis Help** (MHMR of Tarrant County): Call 817-335-3022 or 800-866-2465; Text 817-335-3022

[†] Availability of mental illness prevalence is limited to depressive disorders which include depression, major depression, dysthymia, or minor depression; All significant differences detected at the 95% confidence level; Data sources: Centers for Disease Control And Prevention, Tarrant County Behavioral Risk Factor Surveillance System, 2020; Data Brief provided by: Division of Epidemiology and Health Information