

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



MENTAL HEALTH AND MENTAL ILLNESS IN TARRANT COUNTY

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



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

Figure 1. Prevalence of mental health indicators among Tarrant County adults 18 years and older, 2015-2024

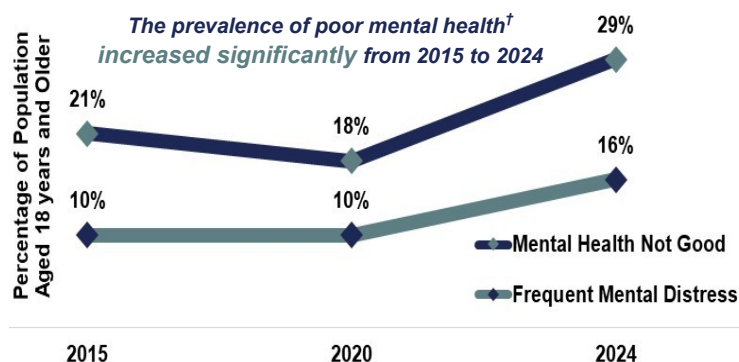
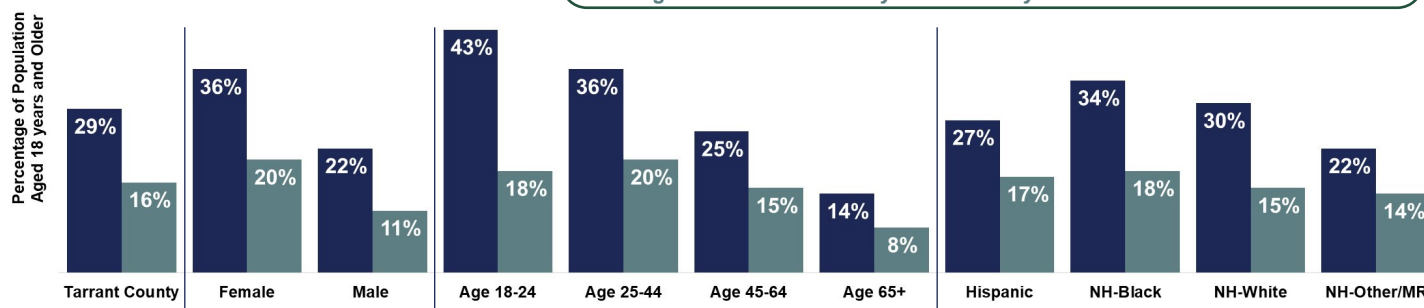


Figure 2. Prevalence of selected mental health indicators among Tarrant County adults 18 years and older by gender, age group, and race/ethnicity, 2024

■ Mental Health Not Good
■ Frequent Mental Distress



Poor mental health[†] was significantly higher among females compared to males. Mental Health Not Good was significantly higher among younger residents compared to older residents and Frequent Mental Distress was significantly lower among those aged 65+ years compared to all other age groups. There were no significant differences by race/ethnicity for either mental health indicator.

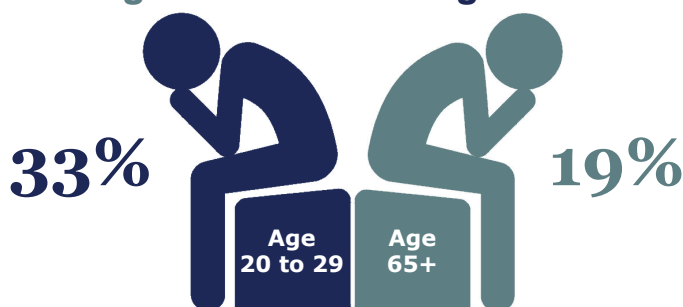
MENTAL ILLNESS

- **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 of mental illness include depression, anxiety, bipolar disorder, or schizophrenia



ONE out of FOUR
Tarrant County
adults has been
diagnosed with a
depressive disorder[†]

One-third of Tarrant County residents in their 20's have been diagnosed with a depressive disorder[†], a rate significantly higher than those aged 65+



The prevalence of depressive disorders[†] was more than twice as high among women compared to men

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

- **24/7 Mental Health Crisis Help (MHMR of Tarrant County):** Call/Text 800-866-2465
- **JPS Behavioral Health Services:** Provides a full continuum of behavioral health services including emergency, inpatient, and outpatient services for children, adolescents, and adults [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 [mhafc.org]
- **MHMR of Tarrant County:** Provides health to children, adolescents, and adults with severe mental illness and other serious emotional disturbances [mhmrarrant.org]
- **Tarrant Cares:** Find mental health services and other resources [mentalhealth.networkofcare.org/tarrant-tx]

[†]Availability of mental illness prevalence is limited to depressive disorders which include depression, major depression, dysthymia or minor depression; Prevalence estimates are from 2024 and all significant differences detected at the 95% confidence level
Data sources: Tarrant County Behavioral Risk Factor Surveillance System, 2024
Data Brief provided by: Statistical Analysis Team