



Ohioans' access to mental health services

Mental health issues, including depression, are a significant public health issue in Ohio. In the past year, 1 in 5 adults (20%) in the United States experienced mental illness.¹ When people experience depression or other mental health issues, it is important that they be able to access the treatment and support services they need. To learn if Ohioans know how to find help, the **Ohio Health Issues Poll (OHIP)** included questions about access to mental health treatment services.

Perceived need for treatment is high

Four in 10 Ohio adults (40%) reported that a friend or family member had ever behaved in a way that made them think that person had a serious problem with depression. This is slightly less than the 5 in 10 adults in Kentucky who reported that a family member or friend had ever behaved in a way that made them think that person had a serious problem with depression.²

¹Substance Abuse and Mental Health Services Administration (SAMHSA). (2012.) Results from the 2010 National Survey on Drug Use and Health: Mental Health Findings. Retrieved from www.samhsa.gov/data/NSDUH/2k10MH_Findings/2k10MHResults.pdf

While perceived depression is not the same as clinical diagnosis, these results suggest that many Ohioans may need access to mental health treatment services.

Most report knowing where to get help

If a friend or family member asked for help finding services or treatment for depression, nearly 7 in 10 Ohio adults (67%) reported they would know who to contact. This is similar to the 62% of Kentucky adults who reported knowing where to get help.²

Few turn to mental health specialists for help

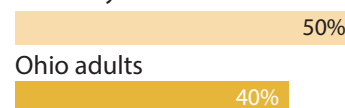
Of those who said they knew where to get help for a friend or family member, OHIP asked where they would get that help. Only about 4 in 10 (38%) of those who knew where to get help would suggest contacting a mental health professional.³ Nearly half (46%) would recommend getting in touch with other healthcare providers⁴, such as a primary care doctor (32%), and 15% would turn to social services, clergy or another source.

² Kentucky results from the 2011 Kentucky Health Issues Poll available at: <https://www.healthfoundation.org/kentucky-health-issues-poll>

Has a family member or friend ever behaved in a way that made you think they had a serious problem with depression?

(Graph presents those who said "yes.")

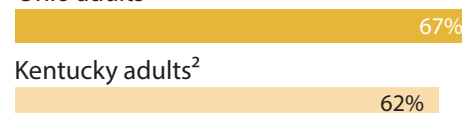
Kentucky adults²



Suppose a family member or friend asked you for help finding services or treatment for depression. Would you know who to contact to help them find services or treatment?

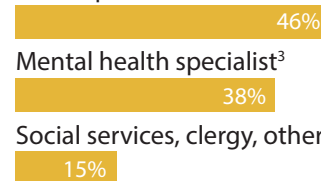
(Graph presents those who said "yes.")

Ohio adults



Suppose a family member or friend asked you for help finding treatment services for depression. Who would you tell them to contact? (Asked only of those who said they knew who to contact.)

Health provider⁴



³ Responses in this category included mental health hospitals and clinics, psychiatrists or psychologists.

⁴ Responses in this category included doctor or primary care physician, hospital, local health department and insurance provider.