Fewer than half of Utahns with a mental illness receive professional treatment. Although mental health is a complicated issue, there are things we can do to help.

Utah women experience 7+ poor mental health days in a month.

Utahns have a higher rate of mental health issues than the average American.

Mental health rates vary by a variety of factors including race.

Women in poverty and women who have less education have higher rates of mental health.

RISK FACTORS ASSOCIATED WITH POOR MENTAL HEALTH

TREATMENT

WHAT CAN WE DO?

Reduce stigma surrounding poor mental health.

Increase education and access to services.

Work together to improve mental health.

RIPED AND MENTAL HEALTH

Mental Health Rates by Race

Mental Health Rates by Poverty

Poverty and Mental Health

68% of females who are prescribed antidepressants in Utah are women.

Utah had the 4th highest female suicide rate of those with mental health conditions.

TRENDS

60% of women experiencing postpartum depression symptoms do not seek medical help.

Mental Health Rates vary by a variety of factors including race.

Women in poverty and women who have less education have higher rates of mental health.

Mental Health Rates by Poverty

Suicides per 100,000 Population

Utah had the 7th in the US suicides deaths.

Suicides among those with mental health conditions.

7 out of every 10 people who attempt suicide have higher rates of mental health conditions.

68% of Utahns suffer from mental health issues.