

# Mental Health Overview

*Working together to develop and deliver  
mental health resources  
for Colorado communities.*



## Mental Health Statistics

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- According to the National Institute of Mental Health
  - Major Depressive Disorder is the leading cause of disability in the U.S. for ages 15-44
  - An estimated 26% percent, 57.7 million Americans, over the age of 18 suffer from a diagnosable mental disorder in a given year
  - About 6%, or 1 in 17, suffer from a serious mental illness

Colorado has the seventh-highest suicide rate in the nation. About 90% of those who attempt suicide are struggling with depression or another mental health disorder, many of which are undiagnosed and/or untreated.

## Mental Health/Physical Health Connection

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- Research indicates that people with serious mental illness—which include schizophrenia, bipolar disorder, and major clinical depression—die, on average, 25 years earlier than the general population.
  - 60% of premature deaths in persons with schizophrenia are due to medical conditions such as cardiovascular, pulmonary and infectious disease.
  - For individuals with mental illness, it is critical that they have access to a physical health care provider since many of the medications used to treat mental illness cause severe weight gain and other side effects that can lead to increased risk of heart disease, diabetes and other chronic illnesses.
- Compounding this problem, people with serious mental illness often lack access to established monitoring and treatment guidelines for physical health conditions.
- It is essential that all Coloradans have **equal access** to necessary mental health services.
- **Prevention** services and the **integration** of mental health care in the physical care setting are critical components of a good mental health service delivery system.