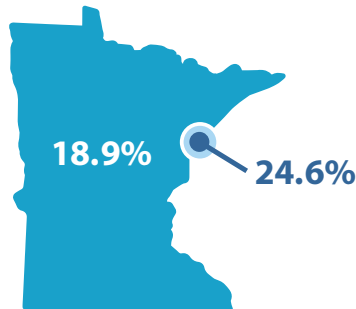
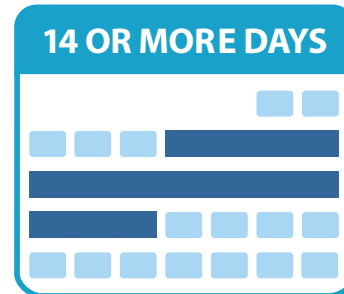


Mental Health

Goal: Youth and adults in Duluth experience mental wellbeing and resilience.



Percent of adults who reported having depression.



In Duluth, 10.6% of adults reported that their mental health has not been good for 14 or more of the past 30 days.

STORY BEHIND THE DATA

Improvement factors:

- Increased access to care
- Universal screening
- Awareness campaigns to reduce stigma
- Lower stress via social support, family knowledge/ education, medication/therapy combination

Limiting factors:

- Limited access to care
- Higher stress
 - ◆ Work (social service/healthcare, public safety, veterans)
 - ◆ Minority stress
 - LGBTQ
 - Racism
 - ◆ Poverty (debt, economy, housing, limited resources)
 - ◆ Youth
 - Social pressures
 - Awareness
 - Bullying (social media)

WHAT WE ARE GOING TO DO

Strategy #1: Support safe care transitions and create organizational linkages (formal referral protocol, rapid referrals, interagency agreements, follow-up contacts)

Strategy #2: Improve response to individuals in crisis (hotlines, mobile crisis teams, walk-in crisis clinics, peer-support programs)

Strategy #3: Adopt trauma informed care models in schools and health care

Learn more
bridginghealthnorth.org

BRIDGING HEALTH DULUTH
IMPROVING HEALTH IN THE NORTHLAND