

## May National Mental Health Month

Once again this May we shine the spotlight on mental health during National Mental Health month. Mental health issues have continued to spike, either brought on or exacerbated by the COVID-19 pandemic which forced people into isolation and introduced us to a new concept “Social distancing”.

A just released White Paper (April 29, 2024) “Trends in Mental Health Conditions” from Fair Health, tracked healthcare claims during the years 2019 through 2023 and noted the following percentage increases over that time frame:

Generalized Anxiety Disorder 59.6%

Major Depressive Disorder 41.9%

Attention-Deficit/Hyperactivity Disorder 70.4%

Adjustment Disorders 35.8%

Bipolar Disorder 33.7%

Research reported by Forbes Health include the following findings.

- 23.1% of US Adults experienced a mental health condition in 2022
- In 2022 32.9% experienced both a mental health condition and a substance use disorder.
- 5.2 million veterans experienced a behavioral health condition
- As of 2020 suicide is the second leading cause of death for children 10-14 years old
- The impact of depression and anxiety on the global economy has been measured at over \$1 trillion due to lost productivity
- In 2021 51.7% of women and 41% of men received mental health services
- Young adults age 18-25 have the highest rate of experiencing any MH concerns 33.7%
- The number of US Adults receiving mental health treatment rose to 21.6% in 2021
- Nationally from 2019-2023, the percentage of patients with mental health diagnoses rose 39.8 percent
- From 2019 to 2023 the percent of claim lines with mental health diagnoses by place of service, showed that In office in person declined by 39.8% while telehealth services skyrocketed 5123.4%

More help is on the way in New York. Governor Hochul addressed the concern in her state of the state address in January and just recently pledged an additional \$33 million dollars that will increase inpatient bed capacity by over 1000 beds and help kids to address eating disorders and other issues by investing in more school based clinics. The governor acknowledged that parents can't take off of work to escort their child to an appointment so you “do it in school where the kids are everyday”. She added that the initiative includes addressing the opioid crisis.

## Resources and Help:

Here is a link or free confidential *crisis* [resources](#) from the US Centers for Disease Control (CDC)

Resources from the Anxiety and Depression Association of America (ADAA) [Click on the related links.](#)

- [Depression Symptoms](#)
- [Depression Treatment and Management](#)
- [Tips to Manage Depression](#)
- [FAQs](#)
- [Free peer to peer Major Depressive Disorder online support group.](#)

National Alliance on Mental Illness (NMI) Helpline 1-800-950-6264 or text Helpline to 62640

In the event of an immediate mental health or substance use crisis the closest hospital emergency room is always a viable option. In addition the DASH center operated by the Family Service League at 90 Adams Ave Hauppauge is open 24/7/365.

For help with a mental health issue call: LECSA EAP/MAP 631-851-1295

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