

# Working Together to Address Mental Health



## 1 THE FACTS



More than 1/3 of Denver adults report at least 1 poor mental health day in the past month

Substance abuse and mental health conditions are related: 1 in 3 alcohol abusers also report mental illness



## 2 WHY IT MATTERS

**25**  
YEARS

People who have serious mental health issues die 25 years earlier than those who do not

Team (integrated) care can detect mental health and substance abuse disorders when they are established during teen years



## 3 WHAT WORKS



Routine depression and substance abuse screening at all adult and teen health care visits increases early diagnosis

Integrated mental health and routine primary care screenings improve care coordination



## 4 BE PART OF THE SOLUTION



Expand access to treatment for mental health and substance abuse disorders

Fight mental health stigma and offer Mental Health First Aid training to communities

