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
   - 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

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