

MENTAL WELL-BEING

In Tennessee

By creating positive living conditions and making treatment safe and accessible for those in need, our communities can be prepared to cope with stress, find meaning in their lives, maintain deep connections with others, and make healthy choices

RISK FACTORS

for Poor Mental Well-Being Include

- Biological Factors
- Family history of mental illness
- Adverse Childhood Experiences
- Community violence
- Substance use

18% of adults in Tennessee reported **frequent mental distress** in 2021



compared to the national average of 14.7%¹

Mental disorders can increase risk of physical health issues like²



Heart Disease



Type 2 Diabetes



Stroke



1 in 4 Tennessee children has a mental, emotional, or behavior disorder³

MENTAL WELL-BEING

impacts our ability to

- Cope with daily life stress
- Maintain healthy relationships
- Make meaningful contributions to our communities
- Stay productive at work or school
- Feel a sense of self-worth



SOCIAL CONNECTION IS A PROTECTIVE FACTOR

against poor mental health

Lack of social connection is as dangerous as smoking up to **15 cigarettes** a day or **6 alcoholic drinks** daily⁴

POLICIES & PROGRAMS

- **Planning & Policy Council** at the Tennessee Department of Mental Health and Substance Abuse Services convene providers, consumers, and advocates
- **Crisis Services** including mobile response, stabilization units, and walk-in centers

ROADMAPS TO ACTION

What Can You Do?

- **Host a Mental Health First Aid training** in your organization to learn how to identify and respond to mental health crises
- **Create or improve community spaces** like recreation centers and gyms where community members can easily spend time together
- **Destigmatize mental health** using public messaging with proper terminology to spread awareness about available services and encourage communication around mental health

BARRIERS TO CHANGE

Stigma & misinformation about mental health issues and resources

Social drivers of health continually widening health inequities

Workforce shortages in the mental health field



Read More Here

¹Tennessee Department of Health

²Centers for Disease Control and Prevention

³Data Resource Center for Child & Adolescent Health

⁴U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community