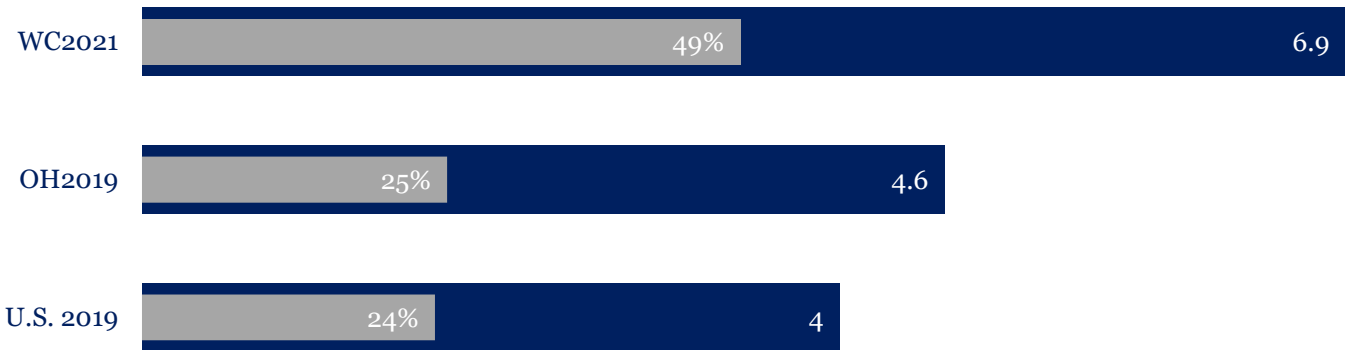


Adult Mental Health

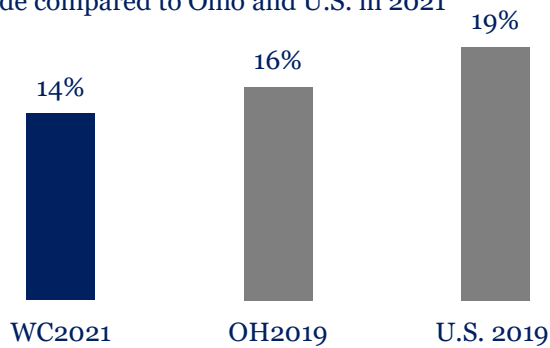
Wood County, on average, had 6.9 days where mental health was not good and half of residents rated their mental health as not good for 4 or more days

■ Average days that mental health was not good ■ Rated mental health as not good on four or more days

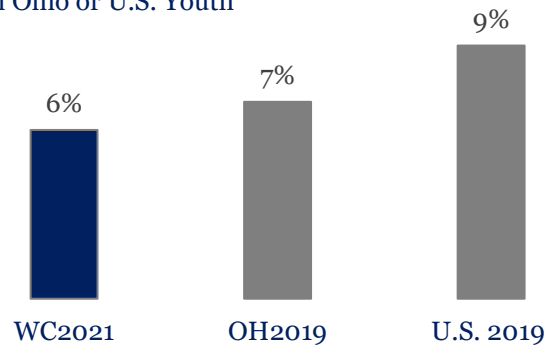


Youth Mental Health

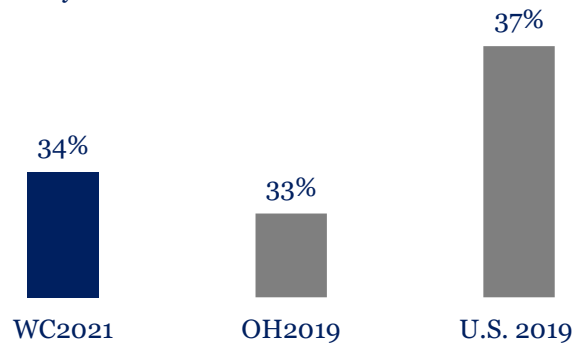
Less Wood County Youth seriously considered suicide compared to Ohio and U.S. in 2021



Less Wood County Youth attempted suicide than Ohio or U.S. Youth



Less Wood County Youth felt sad or hopeless than U.S. youth as of 2021



Why It Matters

- Poor mental health is linked to numerous chronic conditions
- According to the CDC, our mental health affects how we think, feel, and act as well as how we handle stress, relate to others, and make health choices
- Good mental health can also help to improve your productivity and to realize your full potential

Mental Health Tips

- Getting regular exercise can help to improve overall mood and health
- Finding relaxing hobbies can help to improve health
- Seek help when you need it; The sources below are a great starting point

Mental Health Assistance

- National Suicide Prevention Lifeline: 988 or visit <https://988lifeline.org/talk-to-someone-now/>
- Ohio Care Line: 1-800-720-9616
- NAMI Wood County Crisis Line: 419-502-4673, Under 18: 419-352-7588. Or visit <https://namiwoodcounty.org/resources/>
- Veteran's Crisis Line: 988 then press 1 or text 838255 or visit <https://www.veteranscrisisline.net/>
- LGBTQ+ Helpline: Text START to 678678 or visit <https://www.thetrevorproject.org/get-help/>

Sources

<https://publichealth.jhu.edu/2021/the-intersection-of-mental-health-and-chronic-disease>

<https://www.cdc.gov/mentalhealth/learn/index.htm#:~:text=Mental%20health%20includes%20our%20emotional,others%2C%20and%20make%20healthy%20choices>

<https://medlineplus.gov/mentalhealth.html>

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

<https://uhs.umich.edu/tenthings>