

Health Behaviors: Adult Mental Health

Key Findings

In 2021, 3% of Wood County adults seriously considered attempting suicide. Twenty-two percent (22%) of Wood County adults had used a program or service to help with depression, anxiety, or other emotional problems for themselves or a loved one.

Adult Mental Health

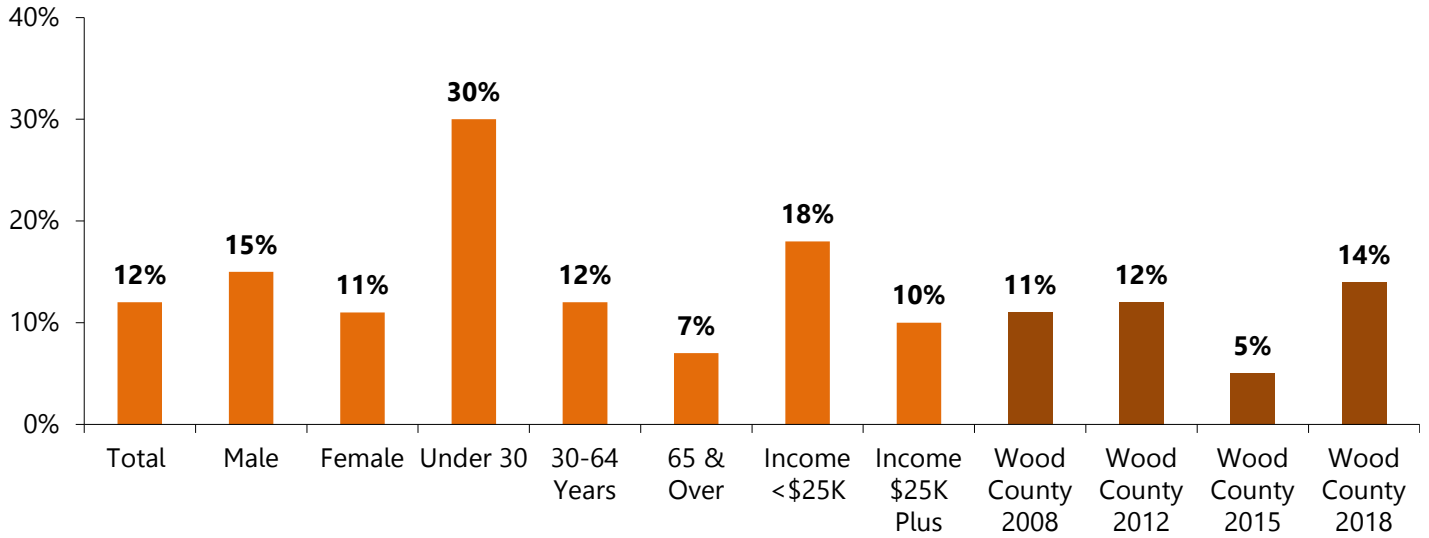
- In the past year, 12% of Wood County adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities, increasing to 30% those under the age of 30.
- Three percent (3%) of Wood County adults seriously considered attempting suicide in the past year.
- Three percent (3%) of adults reported attempting suicide in the past year.
- Wood County adults indicated the following caused them anxiety, stress, or depression: current news/world events/political environment (49%), job stress (48%), COVID-19 pandemic (46%), financial stress (37%), death of close family member or friend (22%), social media (16%), marital/dating relationship (16%), other stress at home (16%), poverty/no money (15%), sick family member (13%), caring for a parent (11%), fighting at home (10%), family member with mental illness (10%), unemployment (9%), sexual orientation/gender identity (5%), divorce/separation (4%), not having enough to eat (2%), not having a place to live (2%), not feeling safe in the community (1%), not feeling safe at home (<1%), and other causes (17%).
- Wood County adults dealt with stress in the following ways: talked to someone they trust (47%), listened to music (39%), ate more or less than normal (39%), prayed/meditated (37%), exercised (34%), slept (31%), worked on a hobby (25%), drank alcohol (25%), worked (24%), took it out on others (9%), smoked tobacco (8%), called a professional (7%), used illegal drugs (5%), used prescription drugs as prescribed (4%), misused prescription drugs (3%), and other ways (17%).
- Wood County adults received the social and emotional support they needed from the following: family (65%), friends (57%), God/prayer (30%), place of worship (15%), a professional (12%), neighbors (8%), online community (7%), online support group (1%), local community (<1%), and other (5%). Eight percent (8%) of adults reported they did not get the social and emotional support they need, and 22% reported they did not need support and could handle it themselves.
- Almost one-fourth (22%) of Wood County adults used a program or service for themselves or a loved one to help with depression, anxiety, or emotional problems. Reasons for not using such a program included the following: had not thought of it (11%), other priorities (7%), could not afford to go (5%), co-pay/deductible too high (5%), stigma of seeking mental health services (4%), took too long to get in to see a health care provider (3%), fear (2%), did not know how to find a program (2%), could not get to the office or clinic (<1%), and other reasons (6%). Half (50%) of adults indicated they did not need such a program.

Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Felt sad or hopeless for two or more weeks in a row	11%	12%	5%	14%	12%	N/A	N/A
Considered attempting suicide in the past year	1%	2%	N/A	2%	3%	N/A	N/A
Attempted suicide in the past year	0%	0%	N/A	0%	3%	N/A	N/A

N/A – Not Available

The following graph shows Wood County adults who felt sad or hopeless for 2 or more weeks in a row in the past year. An example of how to interpret the information in the graph includes: 12% of all Wood County adults felt sad or hopeless for two or more weeks in a row, including 15% of males and 11% of females.

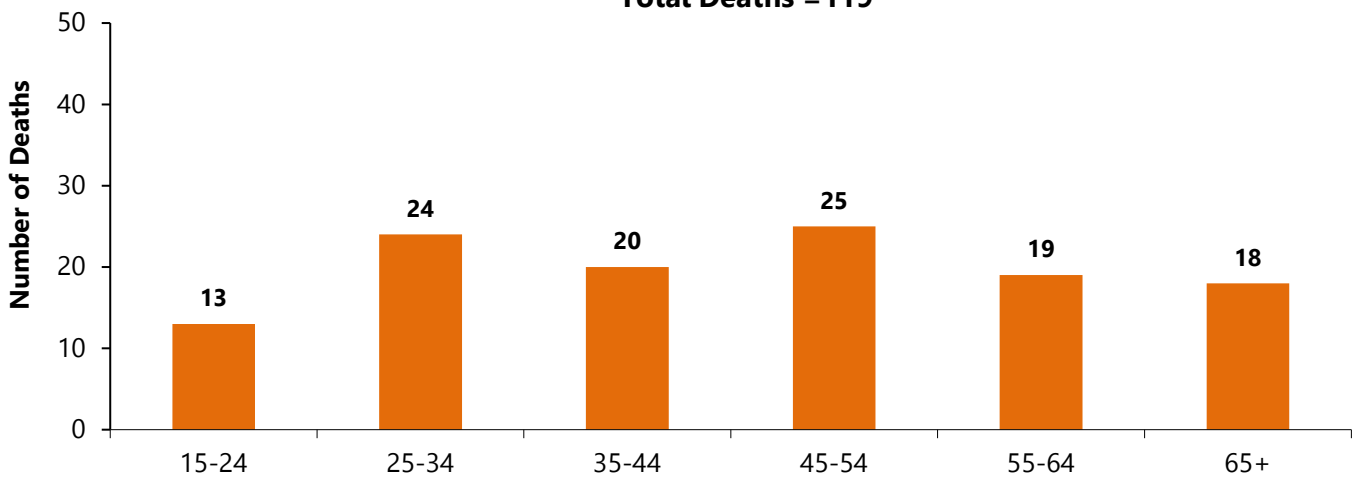
Wood County Adults Feeling Sad or Hopeless for 2 or More Weeks in a Row



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Wood County Number of Suicide Deaths By Age Group 2013-2019

Total Deaths = 119



(Source: Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death)