

## Mental Health & Crisis Text Line: Quick Facts

### Michigan Mental Health Statistics

- Close to 4.5% (just over 4 million) adults in Michigan live with serious mental health conditions such as schizophrenia, bipolar disorder, and major depression. (SAMHSA, 2015)
- More than half (54%) of people who died by suicide did not have a known mental health condition. (CDC Vital Signs, 2018)
- Only 43.7% of adults with mental illness in Michigan receive any form of treatment from either public system or private providers. The remaining 56.3% receive no mental health treatment. (SAMHSA, 2015)
- Over 37% of high school students in Michigan reported feeling sad or hopeless almost every day for 2 weeks or more in a row; 21% seriously considering attempting suicide; 18% made a plan about how they would attempt suicide; and 9% attempted suicide one or more times in the last year. (YRBS, 2017)

### According to CrisisTrends.org, the public data sharing site for Crisis Text Line, in Michigan:

- Texters experiencing depression/sadness peak between the hours of 8pm-12am.
- Texters experiencing anxiety/stress also mention relationships (40.6%), depression/sadness (35.3%), and suicide (20.9%) in the same conversation.
- Texters have heightened periods of anxiety/stress in the month of February, and heightened experiences of isolation/loneliness June through October.
- Texters seek help about emotional abuse most often on Mondays, Wednesdays, and Saturdays; physical abuse Monday through Wednesday; and sexual abuse on Sundays. Texters seek crisis support on all forms of abuse most frequently around 10pm.

Crisistrends.org and the personal data report the Van Buren Community Health Committee will receive shares the volume, velocity, and a variety of mental health issues. Issues included in the reports: relationship, depression/sadness, anxiety/stress, suicide, self-harm, grief, abuse (sexual), abuse (emotional), abuse (physical), bullying, eating body image, substance abuse, gender/sexual identity, and other.

## Feeling overwhelmed?

Help is just a text away

Text **HAND** to 741741

**FREE, 24/7, CONFIDENTIAL**

**CRISIS TEXT LINE |**