

# ADULT MENTAL HEALTH

## SAGINAW COUNTY DATA-AT-A-GLANCE

### QUICK STATISTICS

Data Sources: Michigan Behavioral Risk Factor Surveillance System, 2019-2021 and Community Health Survey, 2022

**22%**

of adults reported they have been told by a **doctor** they have a **depressive disorder**, including depression, or dysthymia.

**18%**

of adults reported **14 or more days**, out of the previous 30 days, where their mental health was **not good**.

**43%**

of respondents described their mental health as **about the same** compared to before the COVID-19 pandemic.

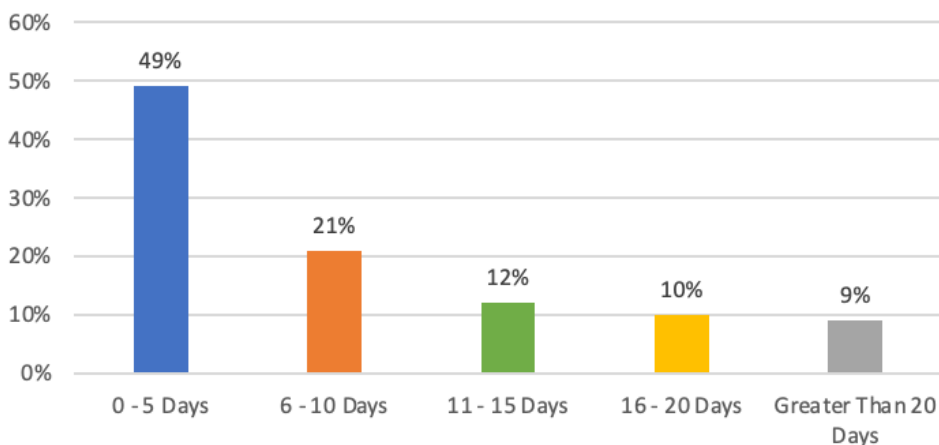
**36%**

of respondents described their mental health as **somewhat or much worse** compared to before the COVID-19 pandemic.

**21%**

of respondents described their mental health as **somewhat or much better** compared to before the COVID-19 pandemic.

How many days during the past 30 days was your mental health not good?



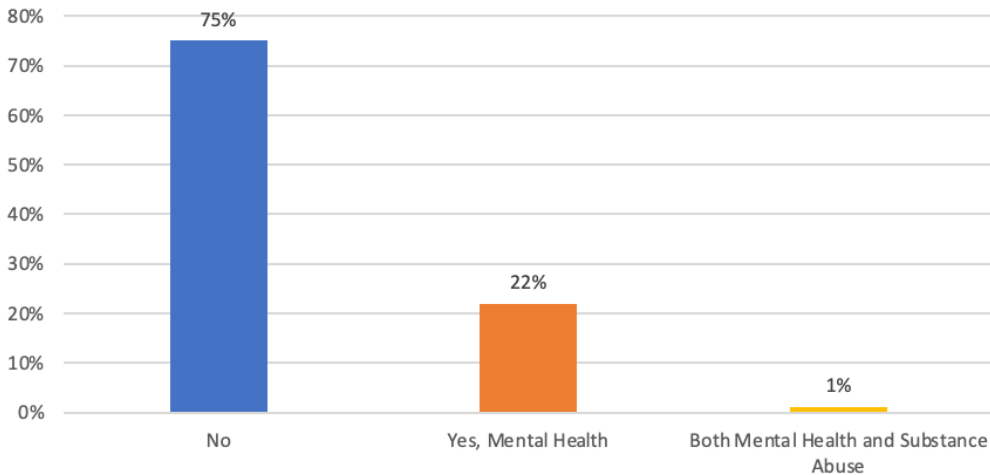
This graph represents the number of days the respondents mental health was not good. **52%** of respondents reported their mental health was not good for **6 days or more** in the past 30 days.

Data Source: Community Survey, 2022

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## SAGINAW COUNTY DATA-AT-A-GLANCE

Percent Needing but Did Not Receive Mental Health and Substance Use Treatment in the past 12 months

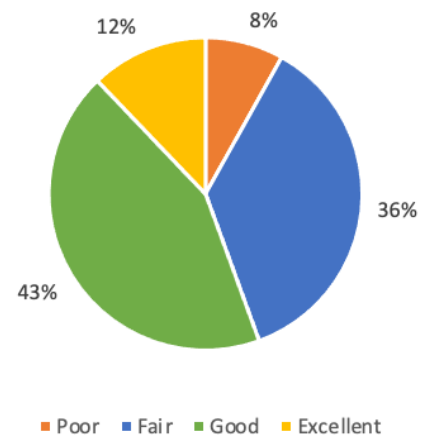


Data Source: Community Health Survey, 2022

This graph represents the percentage of respondents that needed **mental health** or **substance use treatment** in the past 12 months but **did not** receive care. **23%** of respondents identified they **needed** treatment and did not receive it.

This graph represents the status of the Saginaw County respondents mental health. **44%** of respondents described their mental health as **poor or fair**.

Data Source: Community Survey, 2022  
Status of Saginaw County Mental Health



## TOP REASONS PEOPLE DID NOT GET HELP

Data Source: Community Health Survey, 2022

- I thought I could **handle** the problem **without** treatment.
- I did **not** have **time** because of job, childcare, or other commitments.
- I was concerned that getting **treatment** might cause my neighbors or community to have a **negative opinion** of me.
- I did **not know** where to go get **services**.
- I was concerned that getting **treatment** might have a **negative effect** on my **job**.