



Mental Health in Mississippi 2024



**MENTAL
HEALTH**



IDD
Intellectual and
Developmental Disability



**ADDICTION
SERVICES**



What is Mental Health?

It is a state of emotional, psychological, and social well-being that affects how people think, feel, and act.

It involves our functioning in daily activities. It's key to relationships and is the foundation for our emotions, communication, self-esteem, and is one part of our overall health and well-being.

- Mental health involves our daily life and how we're functioning:
 - Productivity, whether in work, school, or other activities
 - Healthy relationships, both personal and professionals
 - Our resilience and ability to adapt and cope with change and adversity
- Our physical health and our mental health go hand-in-hand.



thinkagain
ABOUT MENTAL HEALTH

- Mental health is an **essential part** of our overall health and well-being. We **pay attention** to our blood pressure, our cholesterol, our heart rates, and our weight. We **work to stay as healthy as possible** and to **change** those things we know aren't healthy. We **should put the same focus on our mental health.**

- **Good mental health includes the ability to cope with the challenges of daily life** – stress in the workplace, difficult relationships, busy schedules, or whatever else those challenges may be.

- **Stress, anxiety, and depression** are things that **affect most people** at some point. A lot of us may not realize it, **but they are mental health issues as well.**

- 1 in 5 people has a **mental health** condition.

- Mental health issues may be common, but we often resist getting treatment that can help. **Don't let misconceptions about mental health stop you from reaching out for help.** Don't think there's nothing you can do. If you or someone you know needs help, **contact the DMH Help Line at 1-877-210-8513.**

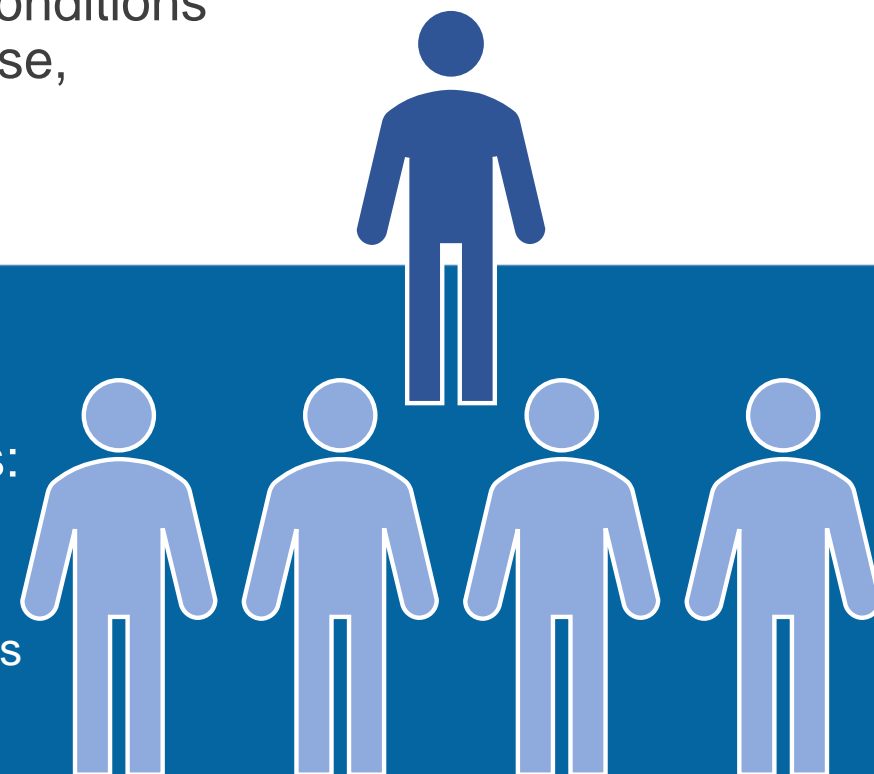


What is a Mental Illness?



Put simply – an illness that affects the way we think, feel, or behave. They are diagnosable health conditions that are medical problems, just like heart disease, diabetes, or other chronic health problems

- Nearly one out of every five American adults experiences mental illness.
- One out of every 24 has a Serious Mental Illness:
 - Bipolar disorder
 - Schizophrenia
 - SMI involves serious functional impairment that affects major life activities
- Mental Illness is common, but *treatable*.



Mental Health Statistics

1 in 5 U.S. adults experience mental illness each year

1 in 20 U.S. adults experience serious mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

50% of all lifetime mental illness begins by age 14, and 75% by age 24

Suicide is the **2nd leading** cause of death among people aged 10-14

According to research compiled by NAMI (nami.org)

Warning Signs of Mental Illness

Feeling very sad or withdrawn for more than two weeks

Attempting or planning to harm or kill themselves

Severe risky behavior that causes harm

Sudden overwhelming fear for no reason, possibly with physical symptoms



Warning Signs of Mental Illness

Seeing and hearing things that aren't real

Excessive use of alcohol or drugs

Drastic changes in mood, behavior,
personality or sleeping habits

Intense worries or fears that get in the way of
daily activities



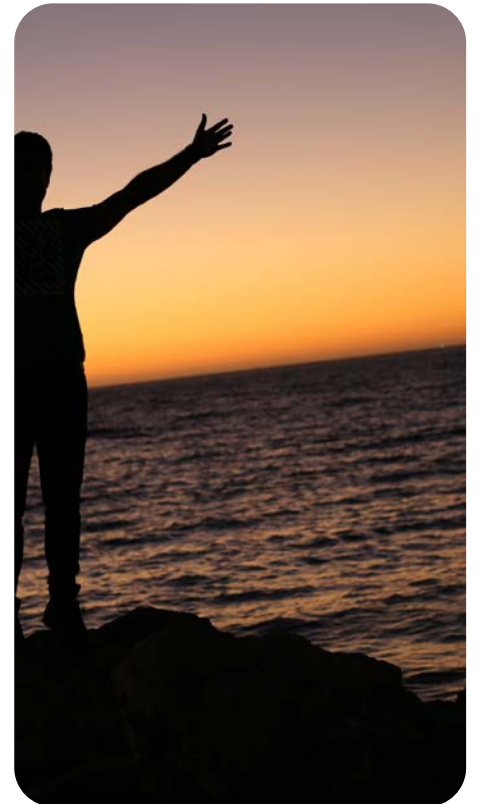
What to Do?

If you notice any of these signs in yourself or someone you care about:

Ask questions.

Try to be understanding.

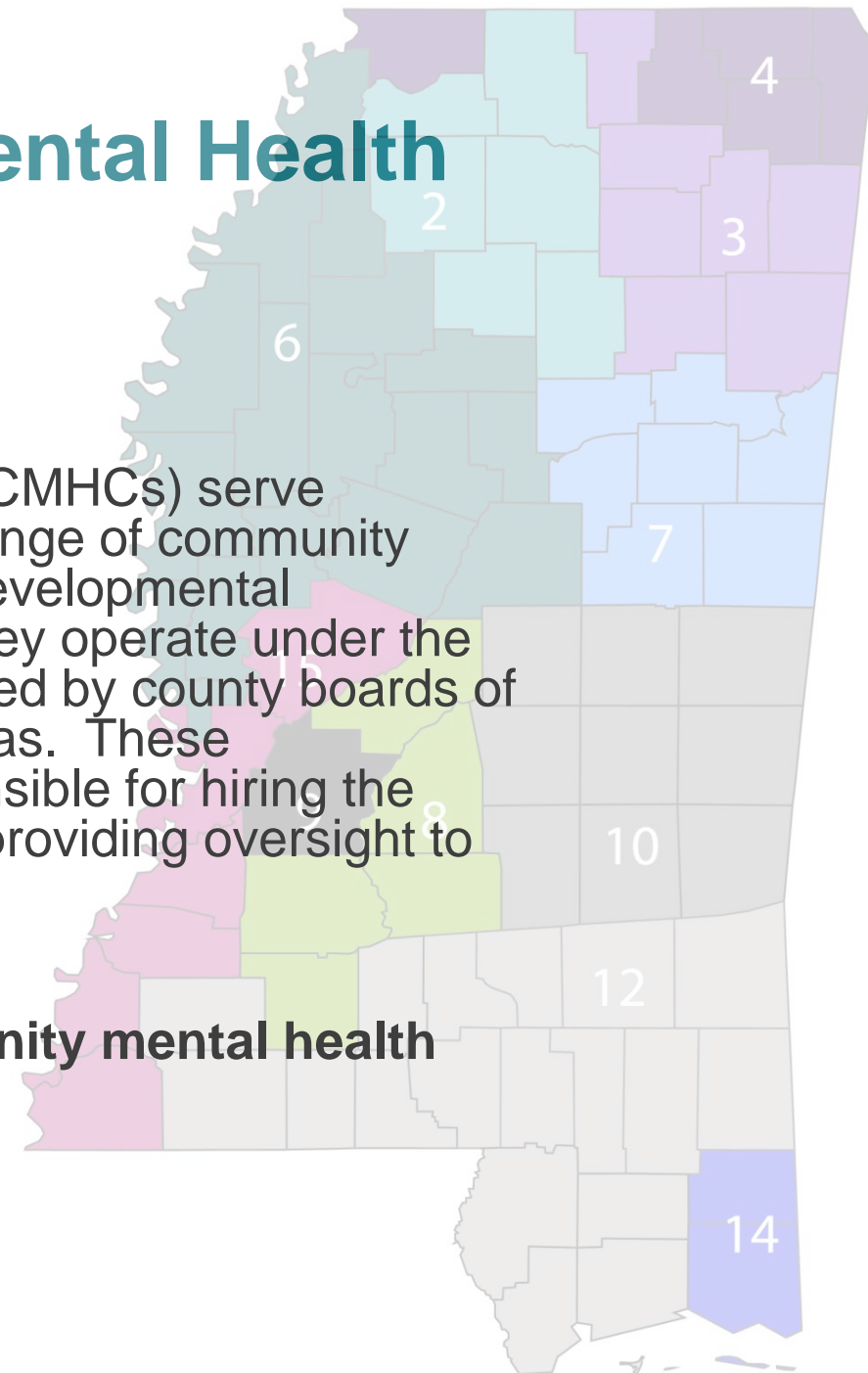
Talk to a healthcare professional.



What are Community Mental Health Centers?

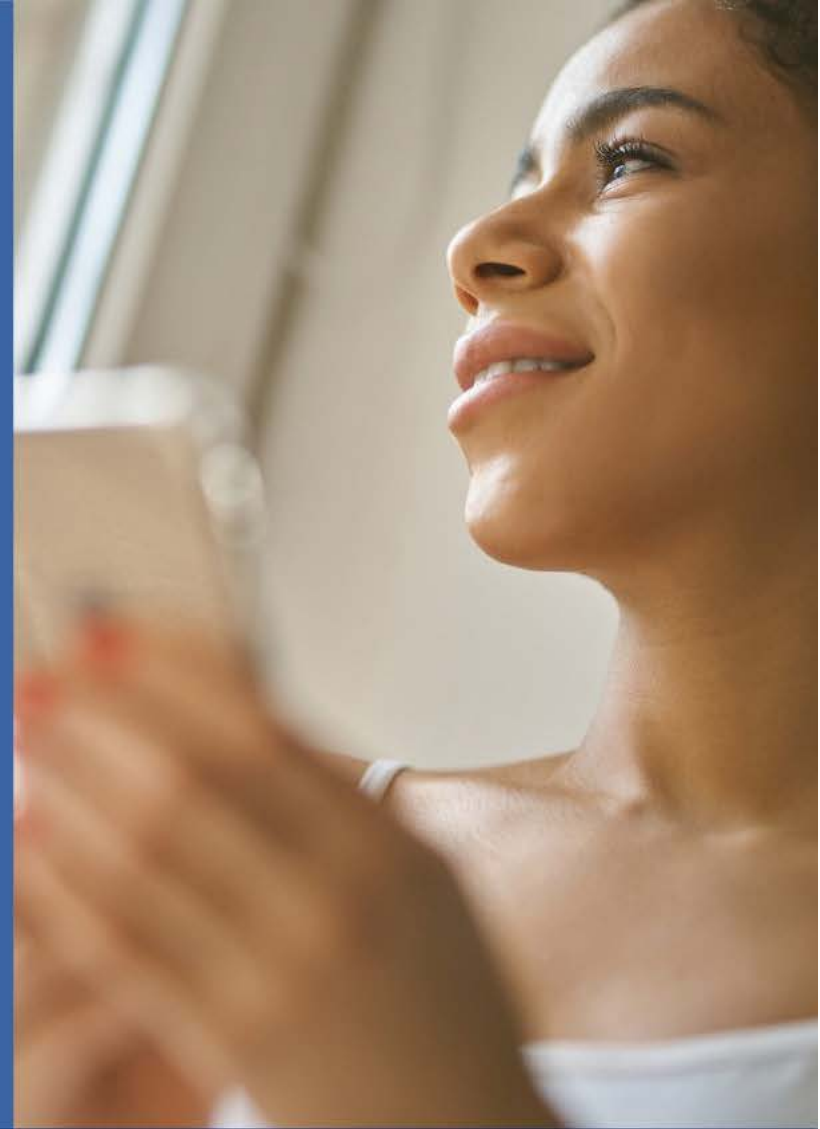
Regional community mental health centers (CMHCs) serve designated counties and make available a range of community services for mental health, intellectual and developmental disabilities, and substance use disorders. They operate under the supervision of regional commissions appointed by county boards of supervisors from their respective service areas. These commissions oversee the CMHC, are responsible for hiring the executive directors, approving policies, and providing oversight to the commission.

They are the primary providers of community mental health services in Mississippi.



DON'T WAIT. USE 988.

Call or text 988 at the first sign of mental distress.



988Lifeline.org





CRISIS CONTINUUM OF CARE IN MISSISSIPPI

PERSON IN CRISIS

CONTINUUM OF CARE

Someone To Talk To

988

Someone To Respond

Mobile Crisis Response Teams
Crisis Intervention Teams

Somewhere To Go

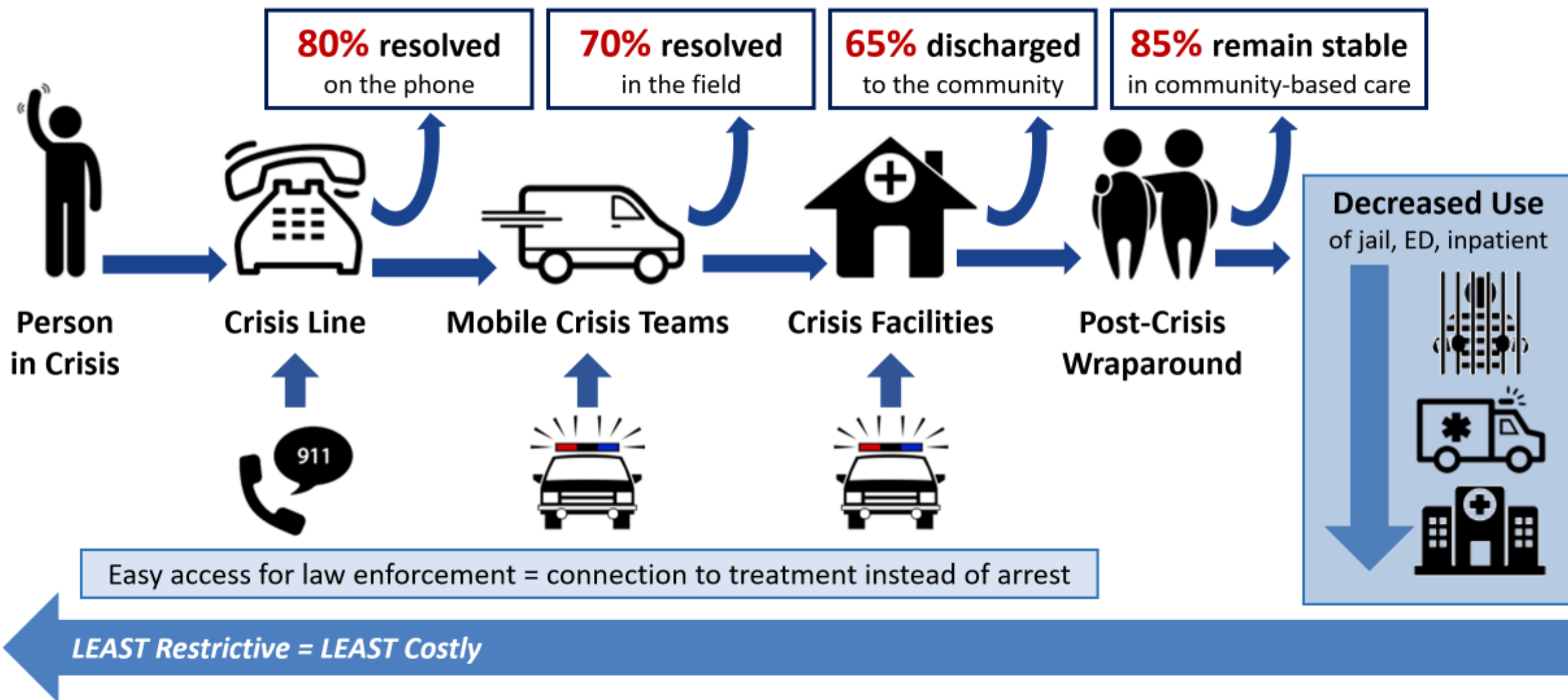
Diversion Centers/ Peer Respite
Crisis Stabilization Units
Acute Psychiatric Hospitals

Someone To Follow Up

CMHCs and Peer Support



Crisis System: Alignment of services toward a common goal



Balfour ME, Hahn Stephenson A, Winsky J, & Goldman ML (2020). *Cops, Clinicians, or Both? Collaborative Approaches to Responding to Behavioral Health Emergencies*. Alexandria, VA: National Association of State Mental Health Program Directors. <https://www.nasmhpd.org/sites/default/files/2020paper11.pdf>



988 in Mississippi

January thru May 2024



**90 Staff Supporting
24/7 Crisis Line
Services in
Mississippi**



6,734 Individuals Screened via phone, text and chat for Mental Health or Related Interventions



749 Individuals Referred to 911, PSAP, Police, Fire, EMS, therapy, inpatient hospitalizations, detox and specialized crisis lines.



150 Individuals Referred to Mobile Crisis Outreach



97 Individuals Referred to social services, including shelters, food bank, credit counselors, etc.

**80% of Individuals Receiving
mental health or related
services *AFTER* being referred.**

**63% of Individuals Receiving
social service support *AFTER*
*being referred.***





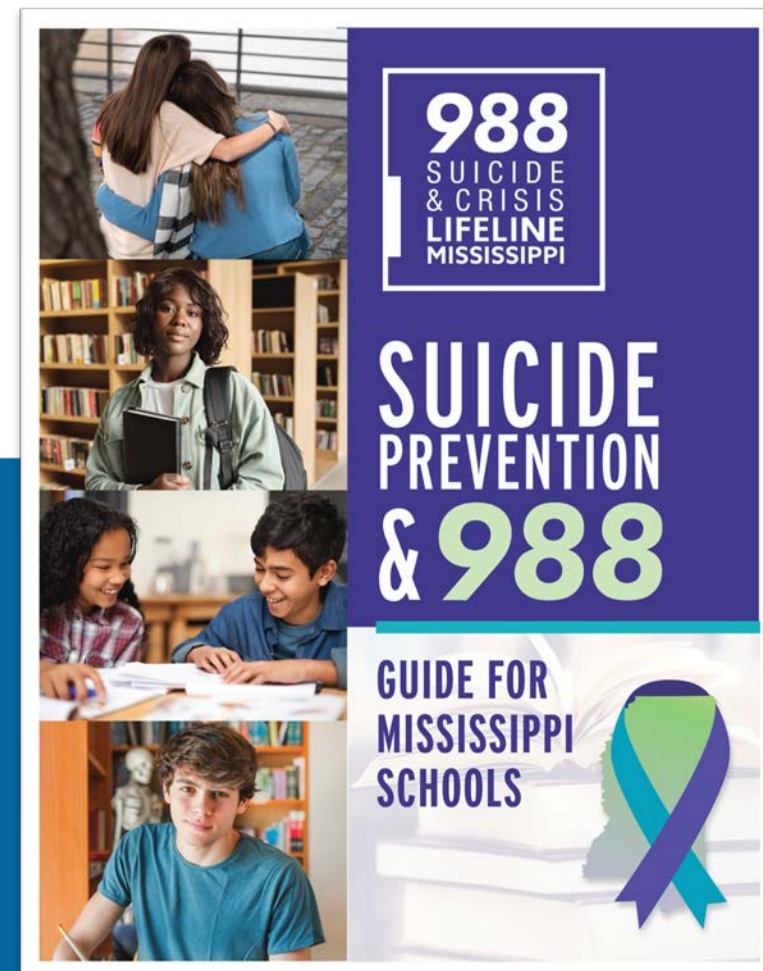
988 Toolkit for Schools

988 and Suicide Prevention Toolkit

DMH has developed a toolkit for schools on suicide prevention and 988. It includes data, warning signs, risk and protective factors, and other resources.

Provides information on:

- Warning signs, like behavior to look for
- Risk factors, like bullying or relationship problems
- Programs and trainings, like QPR, Youth Mental Health First Aid, Open Up Mississippi, and Shatter the Silence
- Intervention and crisis services, like 988, CMHCs, and Mobile Crisis Response Teams



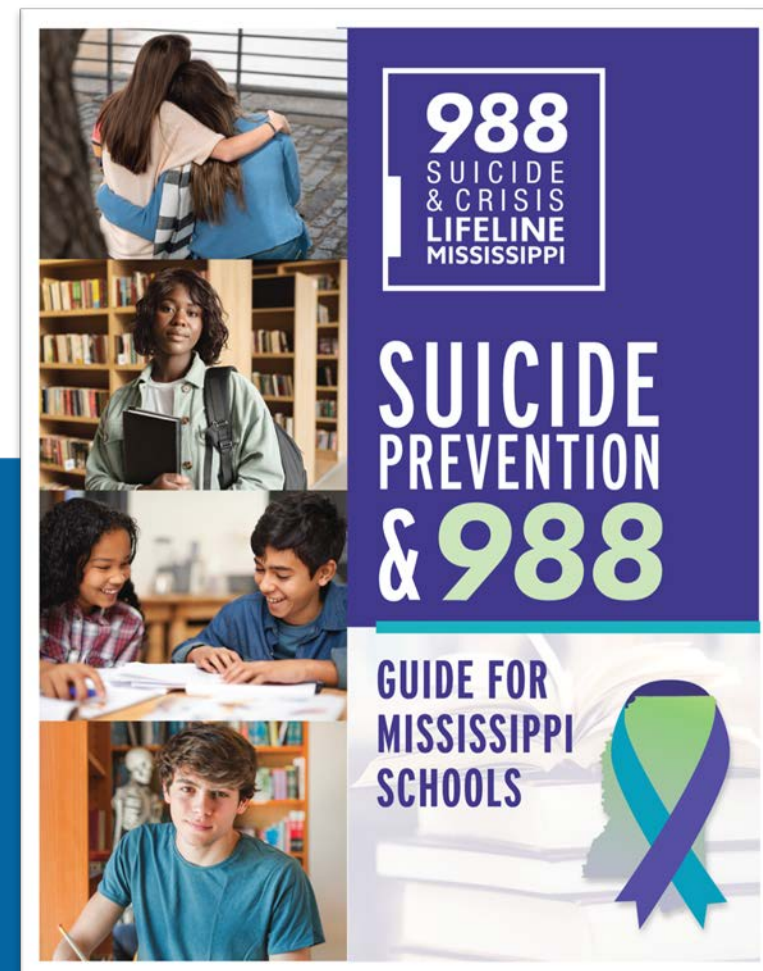


988 Toolkit for Schools

988 and Suicide Prevention Toolkit

Also includes a section on Postvention – steps to take in the aftermath of a suicide.

- Links to further resources, like the American Foundation for Suicide Prevention toolkit
- The Alliance Project partnership between DMH and MSU
- Links to Mississippi Department of Education model policies for suicide prevention training
- Additional resources for younger students



Mental Health Mississippi Site and App

Resource Directory
Interactive Map
Crisis Support
Educational Materials





← → ↺ 🏠 📄 mentalhealthms.com/find-services/ ☆ 📁

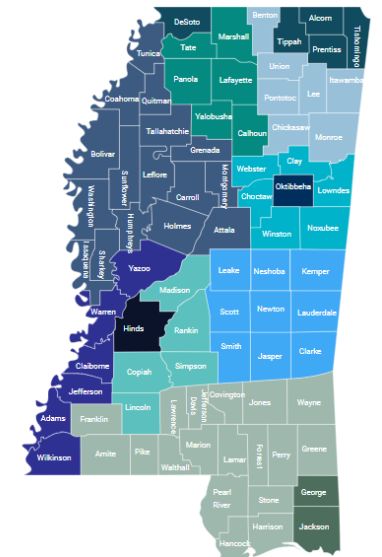
A variety of services for mental health are available across the state. To find services in your area click on your county or enter a keyword in the search bar. Please contact the provider directly regarding availability of services.

The providers and services who have an asterisk (*) by their name are independently owned and operated outside of the Mississippi Department of Mental Health's oversight, inspection, and certification.

If your organization would like to be a part of Mental Health Mississippi's website, submit a request [here](#).

Alcohol and Drug Addiction Services

Although Mental Health Mississippi is focused on mental health services, alcohol and drug addiction services may be needed as well. For more information about addiction treatment, visit



Visit www.mentalhealthms.com or search “Mental Health Mississippi” on the Apple App Store or Google Play Store for Android

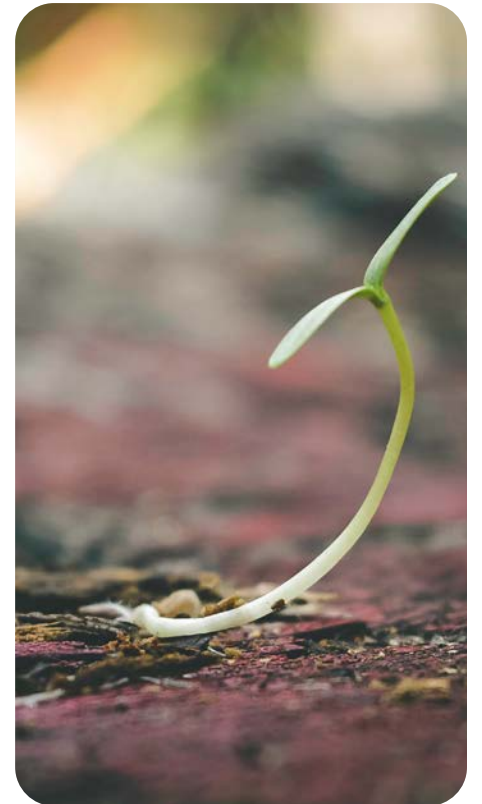
Supports to Help You

In addition to connection to resources, DMH offers trainings to help bring awareness.

Shatter the Silence

Stand Up Mississippi

Mental Health First Aid





SHATTER THE SILENCE

Suicide: the secret you **shouldn't** keep

SHATTER THE SILENCE

Shatter the Silence is a campaign to encourage young people to talk through their feelings with friends and trusted adults, and to also encourage those friends to show their concern and support.



SHATTER THE SILENCE

WARNING SIGNS OF SUICIDE



- Talking, thinking or writing about suicide
- Talking about feeling worthless or hopeless
- Loss of interest in activities
- Increased use of alcohol or drugs
- Changes in typical behavior

SHATTER THE SILENCE

If someone tells you they are
having thoughts of suicide...



WHAT TO DO

- Take them seriously
- Be direct and express your concern
- Listen without judgement
- Offer to take them to get help

WHAT NOT TO DO

- Ignore the plea for help
- Keep it a secret
- Think nothing can be done
- Think you can fix it all by yourself

SHATTER THE SILENCE



How to Help?

TALKING through feelings does help.

SUPPORT those you care about.

LISTEN without judgement.

ENCOURAGE them to get help.

Focus on Reasons to Live



STANDUP

MISSISSIPPI

AGAINST THE OPIOID CRISIS



A collaborative effort. #BetterTogether.



What is the Initiative of Stand Up, Mississippi

to put an end to the opioid crisis in our state and inspire ***all*** Mississippians to work together to take positive steps towards creating a stronger and healthier future.

STANDING UP TO THE OPIOID CRISIS

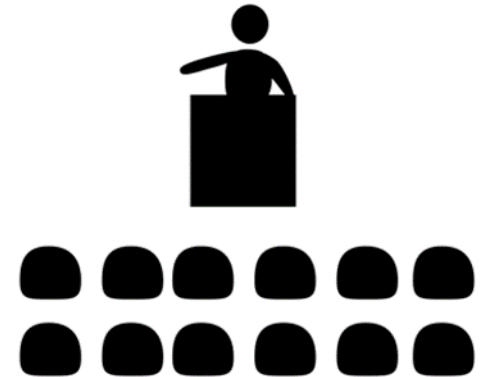
 **NARCAN[®]** (naloxone HCl)
NASAL SPRAY



Expand **Access**
to Treatment.



Outreach



<https://www.narcandirect.com>

1-844-4-NARCAN (844) 462-7226



[ABOUT](#) ▾

[RESOURCES](#) ▾

[TAKE ACTION](#) ▾

[TREATMENT](#) ▾

[PREVENTION](#) ▾

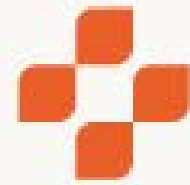
[CONTACT](#)

[REQUEST NARCAN](#) ▾

**Bold.
Brave.
Better
Together.**

[FIND TREATMENT](#)





Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

Mental Health First Aid

Youth Mental Health First Aid is designed for parents, family members, caregivers, teachers, school staff and others who regularly interact with young people. The course introduces common mental health challenges for youth and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

DMH can provide both Youth and Adult Mental Health First Aid training.

Connect with Resources

- DMH Helpline at 1-877-210-8513
- Your local Community Mental Health Center
- www.dmh.ms.gov
- www.mentalhealthms.com
- Mental Health Mississippi App
- 988



Connect with Trainings

- Shatter the Silence
jaquila.newsome@dmh.ms.gov
- Stand Up Mississippi Opioid
charlotte.Bryant@dmh.ms.gov
- Mental Health First Aid
courtney.littleton@dmh.ms.gov



“Change the way
you look at things
and the things you
look at change.”

WAYNE W. DYER



