



Healthy Blair County Coalition

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# Community Conversations about Mental Health

Initiative of the  
Mental Health Workgroup



## Goal and Objectives

**\*Engaging the community to talk about mental health in order to break down misconceptions and promote recovery and healthy communities,**

**\*Find innovative community-based solutions to mental health needs, with a focus on helping young people; and**

**\*Develop clear steps for communities to address their mental health needs in a way that complements existing local activities.**

Mental health problems affect nearly every family. Yet as a nation, we have too often struggled to have an open and honest conversation about these issues.

Misconceptions, fear of social consequences, discomfort associated with talking about these issues with others, and discrimination all tend to keep people silent.

**Most people with mental illnesses can and do recover and lead happy, productive, and full lives.**

People across the nation are planning community conversations to assess how mental health problems affect their communities and to discuss topics related to mental health.

If your group or organization is interested in hosting a Community Conversation, please call the Blair County Department of Social Services at 814-693-3023 to schedule one at your location.

## Blair County Statistics

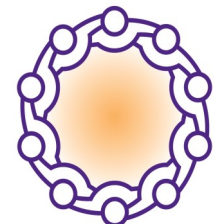
\*In the Community Health Needs Assessment, survey respondents ranked stress, anxiety, and depression as one of the top 3 issues they experience in their home.

\*In 2015, 40.1% of students in Blair County felt depressed or sad most days; compared to 30.9% in 2013, and 30.1% in 2011.

\*In the 2016-2017 school year, over 2,000 students in Blair County were referred to the Student Assistance Program for school performance or behavioral concerns.

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**Approximately 1 in 5 Americans will have a mental health problem in a given year; but only 1 in 3 will receive mental health services**



**Stand Against Stigma**  
*Changing minds about mental illness.*