

Welcome!

to our conversation on:

MENTAL HEALTH AND WELL-BEING: WHY IT MATTERS & WHAT YOU CAN DO



TONIGHT'S CONVERSATION IS BROUGHT TO YOU BY:



Civic Action Conversations

Explore regional critical priorities

Possible action steps for every Richmonder





National Alliance on Mental Illness

NAMI | Virginia

The National Alliance on Mental Illness of Virginia:

Strength through experience

**FACT?
OR
FICTION?**

Mental health problems don't affect me.

Data Trends in Virginia



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



1,115,000 adults in Virginia have a mental health condition.



That's more than **4x** the population of Richmond.

Pulled from 2022 State of Mental Health Report

During the time of COVID-19

Research suggests the appearance of depression symptoms in the US was more than 3-fold higher during COVID-19 compared with before the COVID-19 pandemic.

More youth are struggling with their mental health and are seeking support online. Forty-five percent of individuals in the U.S. who took a screen in 2021 were youth ages 11-17 – 16% higher than the average in 2019.

Individuals with lower social resources, lower economic resources, and greater exposure to stressors (eg, job loss) reported a greater burden of depression symptoms.

[Catherine K. Ettman, BA^{1,2}; Salma M. Abdalla, MD, MPH¹; Gregory H. Cohen, MPhil, MSW, PhD^{1,3}; et al](#)

The Facts: Mental Health is a Continuum



Functioning/Health

Not functioning/Unhealthy

The 'No Casserole' Illness

Stigma is defined as a sign of disgrace or discredit that sets a person apart. Negative language and attitudes create **prejudice** which leads to negative actions and **discrimination**. Stigma brings experiences and feelings of:

- Shame
- Blame
- Isolation
- Hopelessness
- Misrepresentation in the media
- Reluctance to seek and/or accept necessary help



Access to Care

Virginians struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **382,000 adults in Virginia who did not receive needed mental health care**, 47.1% did not because of cost.

8% of people in the state are uninsured.

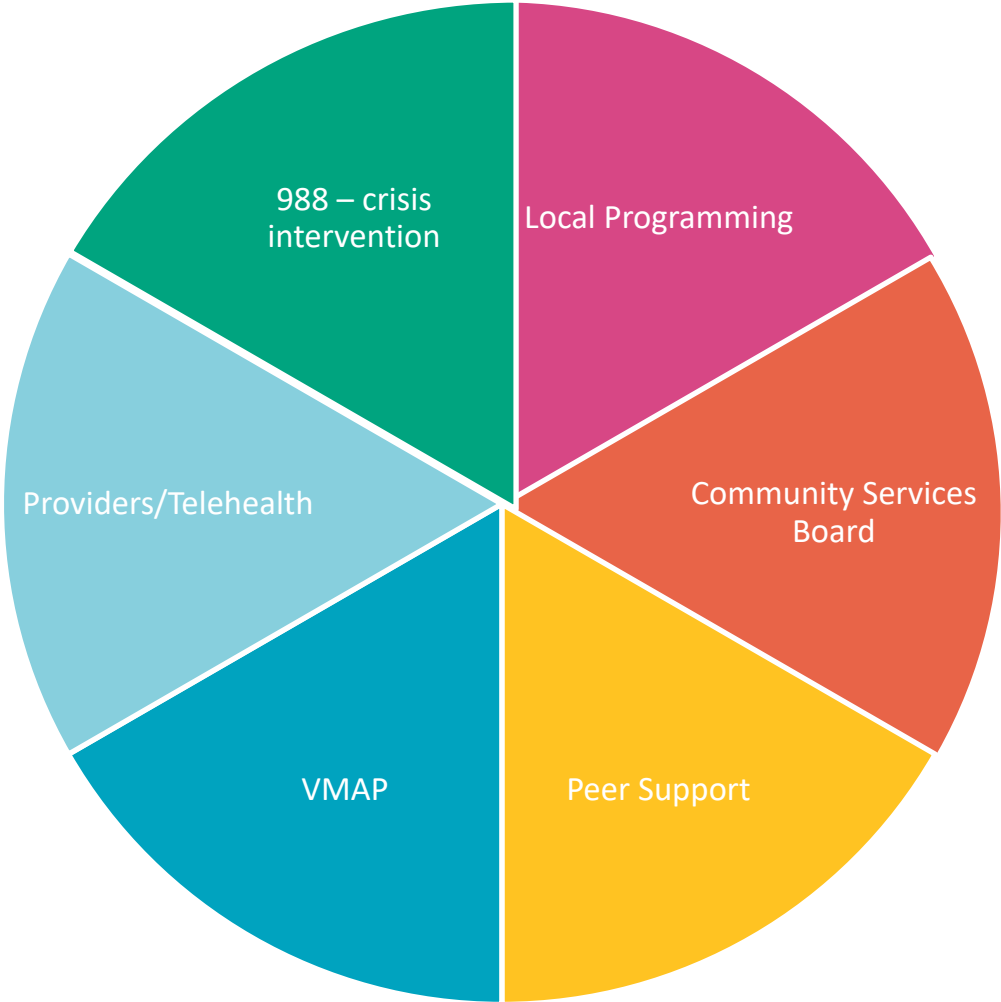


Virginians are over **7x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

1,943,480 people in Virginia live in a community that **does not have enough mental health professionals.**

Pulled from 2022 State of Mental Health Report

Mental Health System- Resources



Advocacy - little "a" vs. big "A"



Little "a"

Tell your story

Language- goes back to stigma

Peer Support

Surveys

Reshare content

Volunteer

Big "A"

Speak at Budget Hearings

Attend Advocacy Day

Meet with Legislative Representatives

Action Alerts

Organize/Attend Rallies

NAMI Virginia: What do we bring to the table?

- Only VA organization to offer education and support programming for individuals and families affected by mental illness across the lifespan.
- Leaders in peer support.
- Inclusive in our membership and approach to addressing mental health reform and stigma.
- Rich in the lived experience and use that expertise to support peers and inform policy makers and push for changes in the mental health care system.

Thank you!

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