

## The State of Mental Health in America



Arizona is  
**50th**  
for overall  
mental health  
in the U.S.



**1 in 5 youth had  
at least one  
major depressive  
episode (MDE) in  
the past year.**

**23%** of adults experienced a  
mental illness in the past year.

**13% of  
youth**

**&**

**5% of  
adults**

**reported experiencing  
serious thoughts of suicide.**

**MHA national puts out a report every year on the state of mental health. This year, youth mental health and insurance access are top of the issues we have.**



## **A Closer Look at Arizona**

**Adult Mental Health:  
34 out of 51**

**Youth Mental Health:  
50 out of 51**

**Access to Care:  
48 out of 51**

**Overall Mental Health:  
50 out of 51**

**The indicators that affected Arizona's Overall Ranking the most were Youth with at Least One MDE in the Past Year, Youth with Private Insurance That Did Not Cover Mental or Emotional Problems, and Mental Health Workforce Availability.**

**MHA of AZ is aware of the issues that have lead to our state's ranking and we are actively working to improve the state of mental health in Arizona.**

**MHA of AZ has a free screening tool for a number of mental health conditions. This is a great first step if you are concerned you may have a mental health issue.**

**Take a Mental Health Test [here](#)**

**MHA is partnering with Paychex to educate the community on mental health conditions through our "Mental Health At Work" program.**

**Learn more [here](#).**

**Request a training [here](#).**



**MHA of AZ is partnering with Kid in the Corner. "Kid in the Corner's mission is to shatter the stigma around mental health and provide support to those in need. We believe that through education, kindness and community connection, we can help change the story for the next kid in the corner." [Read more here.](#)**



MHA of AZ is partnering with other organizations and community partners to start "Mental Health Matters AZ" which is gauged towards helping people that don't know where to start with getting mental health care or understanding mental health issues easily and simply.

**SAVE THE DATE**  
SATURDAY, SEPTEMBER 28



Learn how to navigate the mental health resources in your community.

8:00a.m. to 1:00p.m.  
**SATURDAY, SEPTEMBER 28**

1475 N Scottsdale Rd Suite 200,  
Scottsdale, AZ 85257

**\*REGISTRATION IS FREE\***  
IN PERSON AND HYBRID OPTIONS AVAILABLE

See the event website for the latest updates and information as it becomes available:

[www.mentalhealthmattersarizona.com](http://www.mentalhealthmattersarizona.com)

While there are so many amazing organizations and people working to improve mental health in Arizona and the U.S. there is plenty of work to do to ensure everyone can get the support they deserve. MHA of AZ is dedicated to raising awareness and building a better community in regards to mental health.

**Read the full MHA national report here.**