

Regional Community Health Improvement Planning

Mental Health

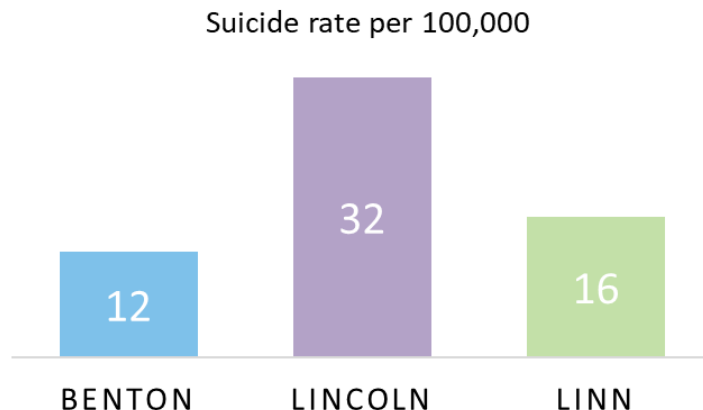
Mental health has a large impact on overall health and is influenced by a combination of emotional, psychological, physical, and social factors.

Key Health Data

- Oregon has a high prevalence of mental health illness. In 2020, Oregon ranked last in the U.S. for mental health.
- A greater number of adults in the Linn, Benton, Lincoln region experienced 14 or more “not good” mental health days when compared to Oregon.
- In Lincoln County, higher rates of 8th graders reported attempting suicide in comparison to Benton County, Linn County, and Oregon.
- Majority of suicide deaths in the region were among those ages 25-44.

Focus on: Suicide Prevalence

The suicide rate in Lincoln County was double that of Linn and Benton counties in 2020.



If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org).

Focus on: Mental Illness

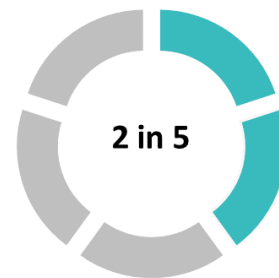
Over 1 in 5 residents in the region were diagnosed with depression in 2020.



Focus on: Youth Mental Health



A third of 8th graders in Lincoln County reported being bullied. This is higher than Oregon in 2019.



Two out of five 11th graders in the region felt sad or hopeless almost every day for two weeks in a row in 2019.

To learn more:

[Visit this website](#) to see all 7 key health themes and the full Regional Community Health Assessment: <https://bit.ly/BCHD-CommunityHealthImprovement>

Take the survey to help prioritize 3 health issues for the Community Health Improvement Plan: Scan the QR code or click here: <https://bit.ly/RHA-KeyThemesSurvey>

