



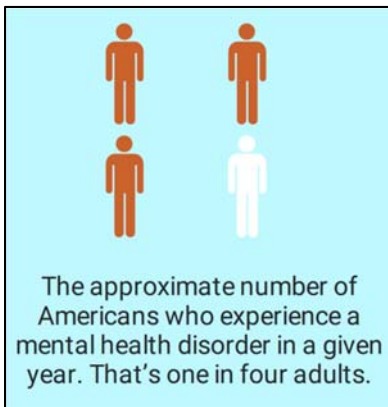
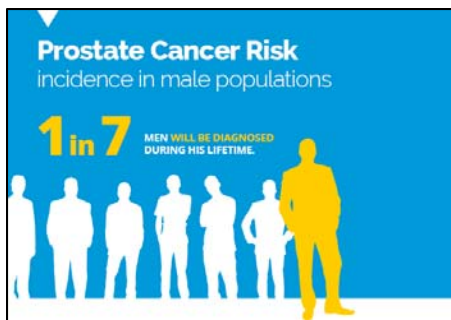
REPORT TO THE BOARDS OF HEALTH
Jennifer Morse, M.D., Medical Director

Mid-Michigan District Health Department, Wednesday, October 26, 2016
Central Michigan District Health Department, Wednesday, October 26, 2016
District Health Department #10, Friday, October 28, 2016

Mental Illness Awareness

Each year, Mental Illness Awareness Week is celebrated during the first full week of October. One in four adults in America will experience a mental illness in their lifetime^{1,2}. To put this in perspective, women have a 1 in 8 risk of developing breast cancer in their lifetime and men have a 1 in 7 risk of developing prostate cancer in their lifetime³. Half of all chronic mental illness begins by the age of 14 and three-quarters of chronic mental illness has occurred by age 24. Anxiety disorders are the most common, affecting 18% of American adults and 8% of youth. Major depression affects 6.9% of adults and 2.6% of adults live with bipolar disorder. Schizophrenia affects 1.1% of adults. Overall, 20% of youth live with a mental health condition.

Put It into Perspective



Mental illness is a true illness caused by numerous factors. Genetic factors as well as other biologic factors, environmental exposures and social factors play a roll. Mental illness is not caused by personal failings and can't be resolved by "manning up". Proper treatment is needed. Unfortunately, those with mental illness continue to struggle with stigma and it continues to be undertreated. Surveys have found that over half of adults without mental illness symptoms believe that people in general are caring and sympathetic to people with mental illness and only 25% of adults with mental illness symptoms believed the same⁴. It is often believed that people living with mental illness are prone to violence⁵. The vast majority of people living with mental health conditions are no more violent than anyone else. To the contrary, they are at higher risk of being victims of crime.

Mental health illness can be a fatal illness. Suicide is the tenth leading cause of death in the United States, at a rate of 12.93 per 100,000 people⁶. Michigan has a suicide rate of 13.23 per 100,000 people. The suicide rates have been steadily rising over the last 15 years. For every completed suicide, there are an estimated 25 attempted suicides. Women attempt suicide three times more often than men, however men are four times more likely to die from suicide as they typically choose a much more violent means. There is no single thing that leads to suicide. The most commonly associated condition is depression, typically undiagnosed or untreated. Other conditions such as anxiety and substance abuse problems increase the risk for suicide.

Suicide is a preventable cause of death. Asking someone about their thoughts of suicide will not put the idea in their head, rather it lets them know you are concerned about them.

SUICIDE: MICHIGAN 2016 FACTS & FIGURES

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Michigan	1,354	13.23	32
Nationally	42,773	12.93	



On average, one person dies by suicide approximately **every 6.5 hours** in the state.



Suicide is the **10th leading** cause of death overall in Michigan.

Based on most recent 2014 data from CDC



Suicide cost Michigan a total of **\$1,501,780,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,189,058** per suicide death.

IN MICHIGAN, SUICIDE IS THE...

2nd leading cause of death for ages 10-34

4th leading cause of death for ages 35-54

8th leading cause of death for ages 55-64

18th leading cause of death for ages 65 & older

Over **twice as many** people in Michigan die by suicide than by homicide. The total deaths to suicide in Michigan reflect a total of **27,895** years of potential life lost (YPLL) before age 65.



AMERICAN FOUNDATION FOR
Suicide Prevention

afsp.org

Warning Signs of Suicide

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

The more of these signs a person shows, the greater the risk. Warning signs are associated with suicide but may not be what causes a suicide.

What to do

If someone you know exhibits warning signs of suicide:

- Do not leave the person alone if at all possible
- Let them know you care and are taking the situation seriously
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt; however, do not put yourself in the way of harm
- Get a verbal commitment that the person will not act upon thoughts of suicide until they have met with a professional
- Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255) or 911
- Take the person to an emergency room or seek help from a medical or mental health professional

Recommendations

1. **Be understanding.** Mental health illness is common and treatable. However, there is still a great deal of stigma and misunderstanding about mental illness. Strive to be understanding about the struggles others experience and aware of any bias you may have.
2. **Seek help.** If you suspect you struggle with mental illness, do not hesitate or fear to seek help. These conditions are common and treatable. Without treatment, these conditions affect relationships, ability to work, worsen overall health, and can even be life threatening.
3. **Recognize suicide warning signs.** Learn to recognize the warning signs of suicide and what to do if you spot them.

References

1. <http://www.nami.org/NAMI/media/NAMI-Media/Infographics/GeneralMHFacts.pdf>
2. <http://www.nami.org/NAMI/media/NAMI-Media/Infographics/Children-MH-Facts-NAMI.pdf>
3. <http://www.cancer.org/cancer/cancerbasics/lifetime-probability-of-developing-or-dying-from-cancer>
4. <https://www.cdc.gov/mentalhealth/basics/stigma-illness.htm>
5. <http://bringchange2mind.org/learn/the-facts/>
6. <https://afsp.org/about-suicide/suicide-statistics/>