Most Kentucky adults aware of mental health support services

According to the Centers for Disease Control and Prevention, nearly 1 in 5 Kentucky adults (19%) report ever being told by a health provider that they have a form of depression. In Kentucky, as with the nation, fewer than half (47%) of adults with a mental illness receive mental health treatment or counseling.

The Kentucky Health Issues Poll (KHIP), sponsored by Interact for Health and the Foundation for a Healthy Kentucky, asked Kentucky adults about experiences with depression and access to mental health support services and treatment.

7 in 10 say they know where to find help

Nearly 7 in 10 Kentucky adults reported knowing who to contact for services or treatment for depression (68%). Three in 10 (30%) reported not knowing who to contact. KHIP asked, “Suppose a family member or friend asked you for help finding services or treatment for depression. Would you know who to contact to help them find services or treatment?” About 7 in 10 women (71%) and men (66%) said they knew who to contact. Younger adults ages 18 to 29 (63%) and older adults ages 65 and older (58%) were less likely than adults ages 30 to 64 (74%) to know about services or treatment for depression.

Among Kentucky adults who said they knew who to contact, 4 in 10 would tell a person with depression to seek help from a mental health professional or behavioral health center (40%). About 4 in 10 would recommend seeing a doctor or seeking help from a hospital or local health clinic (37%). Two in 10 adults (22%) would recommend social services help, such as a church, human resource employee assistance programs or helplines.

Has a family member or friend ever behaved in a way that made you think they had a serious problem with depression? (Graph shows those who said ‘yes.”)

<table>
<thead>
<tr>
<th>Kentucky adults</th>
<th>49%</th>
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<tbody>
<tr>
<td>Women</td>
<td>53%</td>
</tr>
<tr>
<td>Men</td>
<td>45%</td>
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Many see problems with depression

Half of Kentucky adults (49%) know a friend or family member they perceived to have a serious problem with depression. Women (53%) were more likely than men (45%) to report knowing someone they thought was depressed. Adults ages 65 and older (34%) were less likely than adults ages 18 to 64 (54%) to report knowing someone they perceived to be depressed. Kentucky adults in households earning 200% of the Federal Poverty Guidelines (FPG) or less (56%) were more likely than those with household incomes more than 200% FPG (45%) to know someone with depression.


In 2015, 200% of the Federal Poverty Guidelines was $48,500 for a family of four.