



Ohioans' access to mental health services

Mental health issues, including depression, are a significant public health issue in Ohio. In the past year, 1 in 5 adults (20%) in the United States experienced mental illness.1 When people experience depression or other mental health issues, it is important that they be able to access the treatment and support services they need. To learn if Ohioans know how to find help, the **Ohio Health Issues Poll (OHIP)** included questions about access to mental health treatment services.

Perceived need for treatment is high

Four in 10 Ohio adults (40%) reported that a friend or family member had ever behaved in a way that made them think that person had a serious problem with depression. This is slightly less than the 5 in 10 adults in Kentucky who reported that a family member or friend had ever behaved in a way that made them think that person had a serious problem with depression.²

¹Substance Abuse and Mental Health Services Administration (SAMHSA). (2012.) Results from the 2010 National Survey on Drug Use and Health: Mental Health Findings. Retrieved from www.samhsa.gov/ data/NSDUH/2k10MH_Findings/2k10MHResults.pdf

While perceived depression is not the same as clinical diagnosis, these results suggest that many Ohioans may need access to mental health treatment services.

Most report knowing where to get help

If a friend or family member asked for help finding services or treatment for depression, nearly 7 in 10 Ohio adults (67%) reported they would know who to contact. This is similar to the 62% of Kentucky adults who reported knowing where to get help.²

Few turn to mental health specialists for help

Of those who said they knew where to get help for a friend or family member, OHIP asked where they would get that help. Only about 4 in 10 (38%) of those who knew where to get help would suggest contacting a mental health professional.³ Nearly half (46%) would recommend getting in touch with other healthcare providers⁴, such as a primary care doctor (32%), and 15% would turn to social services, clergy or another source.

Has a family member or friend ever behaved in a way that made you think they had a serious problem with depression?

(Graph presents those who said "yes.") Kentucky adults²

50% Ohio adults

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?

(Graph presents those who said "yes.")

Ohio adults

Kentucky adults² 62%

Suppose a family member or friend asked you for help finding treatment services for depression. Who would you tell them to contact? (Asked only of those who said they knew who to contact.)

Health provider⁴ Mental health specialist³ Social services, clergy, other

- ³ Responses in this category included mental health hospitals and clinics, psychiatrists or psychologists.
- ⁴ Responses in this category included doctor or primary care physician, hospital, local health department and insurance provider.

These findings unless otherwise noted are from The Health Foundation of Greater Cincinnati's Ohio Health Issues Poll (OHIP) conducted May 29-June 6, 2012, by the Institute for Policy Research at the University of Cincinnati. A random sample of 834 adults throughout Ohio was interviewed by telephone. This included interviews conducted by both landline telephone and cell phone. In 95 of 100 cases, statewide estimates will be accurate to ±3.4%. There are other sources of variation inherent in public opinion studies, such as non-response, question wording, or context effects that can introduce error or bias. For more information about OHIP, please visit https://www.healthfoundation.org/ohio-health-issues-poll. If you have questions about the data in this document, please contact Jennifer Chubinski, Director of Community Research, **JULY 2012**

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² Kentucky results from the 2011 Kentucky Health Issues Poll available at: https://www.healthfoundation. org/kentucky-health-issues-poll