



# Anderson Mental Health Collaborative

Working towards total  
wellness, together.



## Survey Results

### Who took the survey?

(this demographic is NOT representative of Anderson Township)

 **83%**  
ARE FEMALE

 **89%**  
ARE PARENTS

 **70%**  
ARE AGES 35-54

 **92%**  
HAVE CHILDREN IN  
PUBLIC SCHOOLS

 **95%**  
ARE WHITE

 **79%**  
ARE COLLEGE  
EDUCATED

 **93%**  
HAVE EXPERIENCE  
WITH MENTAL ILLNESS

 **80%**  
ARE WORKING

 **74%**  
ARE MARRIED

### Good News! (within the survey audience)

#### You are not alone.

- 93% of respondents have been impacted by mental health issues

#### We are TALKING about mental health.

- 73% of spouses talk to one another about mental health
- 76% of people talk about it with their friends
- 85% of parents are talking about mental health with their kids

#### We know what SPARKS positive well-being.

- Most of us know what to do to foster mental wellness including getting outdoors, diet, sleep & therapy
- 90% would know WHEN to reach out for professional help

## What did we learn?

### What could we be doing better?

- Knowing where to turn when the signs are there
- Most would turn to their primary care physician or start a search for a therapist, but only 6% mentioned school as a place to turn
- 63% shared there are not enough resources
- 15% are not aware of any community resources

*Mental illness is continuing to be misunderstood. Each individual is different and a combination of elements may play a role, including chronic stress, trauma, biological and hereditary factors. Mental illness is a disease that, fortunately, is highly treatable, especially if diagnosed and treated during its early stages. However, mental illness is not necessarily curable. Much like diabetes, it will require some level of attention and management throughout one's life. With the correct treatment and proper support, someone with mental illness is capable of living a very fulfilling and satisfying life.*

### What are the complexities of mental illness?

- 40% agree that mental health issues can be treated and symptoms can be managed but never go away
- 60% agree that mental health issues can be treated but condition always remains
- 36% agree that mental health issues can be treated and cured
- 55% agree that mental health issues are the result of a genetically linked brain disease

## Resources

### Forest Hills Resources Page

[www.foresthills.edu/content/documents/  
Forest-Hills-Counselor-Resource-list-182F19-1.pdf](http://www.foresthills.edu/content/documents/Forest-Hills-Counselor-Resource-list-182F19-1.pdf)

**Talbert House Crisis Hotline** (513) 281-CARE (2273)

or text Talbert to 839863 [www.talberthouse.org](http://www.talberthouse.org)  
This 24-hour suicide and crisis hotline offers crisis intervention and information and referral services to individuals of any age.

### Children's Hospital-Psychiatric Intake Response Center

(513) 636-4124 [www.cincinnatichildrens.org/service/p/psychiatry/  
contact/intake-response](http://www.cincinnatichildrens.org/service/p/psychiatry/contact/intake-response)

The Children's PIRC provides intakes and referrals for services.

**MHAP (Mental Health Access Point)** (513) 558-8888

[www.mentalhealthaccesspoint.org](http://www.mentalhealthaccesspoint.org) MHAP provides a standardized entry to a managed system of care that ensures appropriate services are available, accessible, and of high quality. A 24-hour clinician is available.

**UC Psychiatric Emergency Services/Mobile Crisis** (513) 584-8577

