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# 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.<sup>1</sup> In Kentucky, as with the nation, fewer than half (47%) of adults with a mental illness receive mental health treatment or counseling.<sup>2</sup> 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

<sup>1</sup> Centers for Disease Control and Prevention. BRFSS Prevalence & Trends Data. 2015. Retrieved March 1, 2017, from <http://bit.ly/2nb3mAw>.

<sup>2</sup> Substance Abuse and Mental Health Services Administration. Behavioral Health Barometer: Kentucky, 2015. Retrieved March 1, 2017, from <http://bit.ly/2orNzfh>.

These findings, unless otherwise noted, are from the Kentucky Health Issues Poll, funded by the Foundation for a Healthy Kentucky and Interact for Health. The Kentucky Health Issues Poll was conducted Sept. 11-Oct. 19, 2016, by the Institute for Policy Research at the University of Cincinnati. A random sample of 1,580 adults from throughout Kentucky was interviewed by telephone. This included 827 landline interviews and 753 cell phone interviews with cell phone users. In 95 of 100 cases, the statewide estimates will be accurate to  $\pm 2.5\%$ . There are other sources of variation inherent in public opinion studies, such as nonresponse, question wording, or context effects that can introduce error or bias. For more information about the Kentucky Health Issues Poll, please visit [www.healthy-ky.org](http://www.healthy-ky.org) or [www.interactforhealth.org/kentucky-health-issues-poll](http://www.interactforhealth.org/kentucky-health-issues-poll).

**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.")



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.

## 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)<sup>3</sup> or less (56%) were more likely than those with household incomes more than 200% FPG (45%) to know someone with depression.

<sup>3</sup> In 2015, 200% of the Federal Poverty Guidelines was \$48,500 for a family of four.