

WHEREAS, The National Institute of Mental Health reports:

- One in five U.S. adults experience mental illness annually;
- One in twenty U.S. adults experience serious mental illness each year;
- One in six U.S. youth aged six through seventeen will experience a mental health disorder annually;
- Suicide is the second leading cause of death among people aged ten to fourteen, the third leading cause of death among those aged fifteen to twenty-four, and the twelfth leading cause of death in the U.S.; and

WHEREAS, there are significant barriers to gaining access to affordable mental health resources with recent trends in mental health treatment:

- While the percentage of U.S. adults receiving mental health, treatment increased from 2019 to 2021, 42% of U.S. adults with a diagnosable condition reported that they could not afford to access the treatment they needed;
- Ten percent of youth covered by private insurance did not have access to mental health services in 2022;
- A recent report underscores the shortage of mental health professionals citing there is only one provider available for every 350 individuals in need of services; and

WHEREAS, while mental illness makes it challenging for patients to live everyday lives, the challenges ripple out through families, communities, and the world:

- The rate of unemployment is higher among U.S. adults who have mental illness;
- High school students with significant symptoms of depression are more than twice as likely to drop out;
- More than 21% of the people experiencing homelessness in the U.S. have a serious mental health condition;
- Almost 20% of U.S. Veterans experienced a mental illness in 2020;
- Across the U.S. economy, serious mental health illness causes \$193 billion in lost earning annually;
- Depression and anxiety disorders cost the global economy \$1 trillion in lost productivity each year;
- Depression is the leading cause of disability worldwide; and

WHEREAS, people with mental illness are overrepresented in our nation's jails and prisons:

- Two in five people who are incarcerated have a history of mental illness;
- Seventy percent of youth in the juvenile justice system have a diagnosable mental health condition;
- Fifty-five percent of the veterans held in local jails have a mental illness;
- Less than half of people with a mental health illness receive mental health treatment while incarcerated; and

WHEREAS, the COVID pandemic had a significant impact on mental health and the importance of increasing access to timely and effective care for those who need it:

- One in five U.S. adults report that the pandemic had a significant negative impact on their mental health;
- Among those who received mental health services, millions experienced delays or cancellations in appointments, experienced delays in getting prescriptions;
- Millions were unable to access needed care
- Among U.S. adolescents ages twelve to seventeen, there has been a 31% increase in mental health-related emergency department visits; therefore

RESOLVED, That the Alabama Federation of Women's Clubs urges its members to support:

- Public awareness campaigns to end the stigma associated with mental health;
- Public awareness campaigns on available mental health services in the community;
- Advocacy for improved mental health care and its funding;
- Efforts to provide resources for patients and families.