Fewer than half of Utahns with a mental illness receive professional treatment. Although mental health is a complicated issue, there are things we can do to help.

- **Utah Adults Reporting 7+ Poor Mental Health Days in a Month**
  - Women: 60%
  - Men: 40%
- **Utah women experience postpartum symptoms at a higher rate than US women.**
- **Mental health rates vary by a variety of factors including race.**
  - Women in poverty and women who have less education have higher rates of mental health.

**HOW DOES UTAH STACK UP?**

- **MENTAL HEALTH AND PREGNANCY**
- **RACE AND MENTAL HEALTH**
- **WEALTH, EDUCATION, AND MENTAL HEALTH**
- **RISK FACTORS ASSOCIATED WITH POOR MENTAL HEALTH**
- **TREATMENT**

- **WHAT CAN WE DO?**
  - Reduce stigma surrounding poor mental health.
  - Increase education and access to services.
  - Work together to improve mental health.

**Suicide**

- **Utah had the 7th highest female suicide rate in the nation from 2012-2014.**
- **Utah ranks 7th in the US for female suicide rate.**
- **Utah had the 6th highest female rate of suicide.**

**Poverty and Mental Health**

- **37% of women who are at or below the poverty line report 7 or more poor mental health days in a month.**

**TRENDS**

- **68% of patients who are prescribed antidepressants in Utah are women.**

**POSTPARTUM DEPRESSION SYMPTOMS**

- **60%** of women experiencing postpartum depression symptoms do not seek medical help.

**Postpartum Depression Symptoms**

- **60%**
- **15%**
- **10%**

**Mental Health Rates by Race**

- **Hispanic**
- **Black**
- **Asian**
- **White**
- **Pacific Islander**
- **Native American**

**TREATMENT**

- **60% of women who are prescribed antidepressants in Utah are women.**

**WEALTH, EDUCATION, AND MENTAL HEALTH**

- **68% of patients who are prescribed antidepressants in Utah are women.**

**WHAT CAN WE DO?**

- **Increase access to affordable healthcare for all Utahans.**
- **Reduce stigma surrounding poor mental health.**
- **Increase education and access to services.**
- **Work together to improve mental health.**