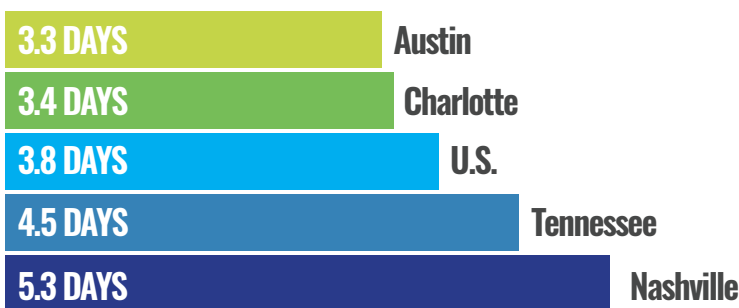




NASHVILLE COMMUNITY  
Health + Well-being Survey

# MENTAL HEALTH In Nashville

## NASHVILLIANS REPORT 5.3 POOR MENTAL HEALTH DAYS PER MONTH – a full day more than peer cities



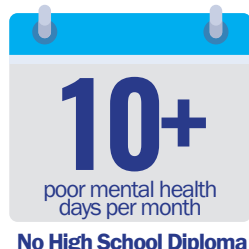
Davidson County residents reported having 5.3 poor mental health days involving stress, depression, and problems with emotions in a 30-day period. This outpaces the state average, the national average, and those of similar-sized peer cities.

(Peer city data is sourced from the Robert Wood Johnson Foundation County Health Rankings)

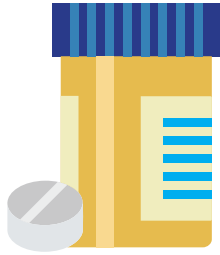


About one-in-five adults (22.1%) indicated having been diagnosed with a depressive disorder. 15.5% of Nashvillians report currently taking medicine or receiving treatment from a doctor or other health professional for a mental health condition or emotional problem.

WOMEN SELF-REPORTED 6.2 POOR MENTAL HEALTH DAYS EACH MONTH COMPARED TO 4.3 FOR MEN.



Nashvillians who never graduated high school self-reported more than 10 poor mental health days each month, while those with a graduate or professional degree reported an average of 4.8 poor mental health days.



## CHRONIC MEDICAL CONDITIONS

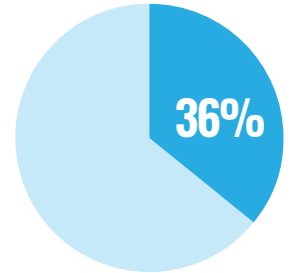
Persons living with serious mental illness face an increased risk of having chronic medical conditions. Nashvillians who suffer from depression average 10-20 outpatient visits each year and 14 prescriptions.

(Nashville Health Competitiveness Initiative 2017 Report)

## INCARCERATION

In 2017, 36% of inmates in Davidson County jail self-reported one or more behavioral health issues. Between September 2017 and September 2018, 910 individuals were diverted from incarceration into appropriate treatment alternatives through the collective work of the Community Mental Health Systems Improvement initiative.

(Davidson County Sheriff's Office)



36% of Davidson County inmates self-report one or more behavioral health issues

## RESOURCES

While the facts show many Nashvillians face mental health challenges, the good news is **70-90% of individuals with mental illness see improvement** in their symptoms and quality of life **after participating in some form of treatment.**

(National Institute of Mental Illness)

### THERE ARE MANY ORGANIZATIONS AND RESOURCES AVAILABLE TO NASHVILLIANS, INCLUDING:



Intensive Care Management;  
Psychiatric Services;  
Counseling Services  
[www.mhc-tn.org](http://www.mhc-tn.org)



Mental Health & Wellness Resources;  
Promoting Programs & Services for  
Effective Mental Health Treatment  
[www.mhamt.org](http://www.mhamt.org)

**CRISIS TEXT LINE |**

If you or someone you love is in crisis and needs to talk, **call 1-800-273-TALK (8255)** or **text TN to 741-741.**

The Nashville Community Health & Well-being Survey, a partnership of NashvilleHealth and the Metro Public Health Department, is the first countywide health assessment in nearly 20 years. Learn more about the health of our city and explore the data at [nashvillehealth.org](http://nashvillehealth.org).



[NashvilleHealth.org](http://NashvilleHealth.org)