

# The Pulse

Keeping a pulse on healthcare integration at RBH



The Center for Disease Control and Prevention (CDC) states that mental health includes our emotional, psychological, and social well-being. Mental health illnesses includes but are not limited to: Anxiety, Bipolar Disorder, Suicidal Ideation, Depression, Obsessive-Compulsive Disorder, Attention Deficit Hyperactivity Disorder (ADHD), Posttraumatic Stress Disorder (PTSD), Schizophrenia, and Borderline Personality Disorder. Annually, one in 20 have experienced a serious mental health illness such as bipolar disorder or schizophrenia. 19% of adults living in the United States have an anxiety disorder. One in six young people experience major depressive episodes. 50% of all lifetime mental illness begins at age 14. Also, each year suicide accounts for over 800,000 deaths globally. Suicide is the second leading cause of death for people ages 10-24. In 2020, over 12 million adults reported having serious thoughts of suicide. People with serious mental health illnesses have an increased risk for chronic diseases like diabetes. Many with mental health illnesses also have a substance use disorders. There is no one cause for mental illness. Some factors can increase the risk of mental illness such as a family history of mental illness, chemical imbalances in the brain, witnessing violence, sexual assault, childhood history of abuse or neglect, as well as chronic medical conditions. Mental health treatments such as therapy, medication, and self-care, have made recovery a reality for those experiencing mental and behavioral health conditions.

For more information visit the Mental Health America (MHA) website at <https://www.mhanational.org/>

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# 2020



## Mental Health By the Numbers

Among U.S. ADULTS:



1 in 5 experienced a mental illness

1 in 20

experienced a serious mental illness

1 in 15

experienced both a substance use disorder and mental illness

12+ MILLION

had serious thoughts of suicide

1 in 5

report that the pandemic had a significant negative impact on their mental health



45% of those with mental illness



55% of those with serious mental illness

## RECOGNIZING THE IMPACT

2020 was a year of challenges, marked by loss and the uncertainty of the COVID-19 pandemic.

We must recognize the significant impact of the pandemic on our mental health – and the importance of increasing access to timely and effective care for those who need it.

Among U.S. ADULTS who received mental health services:

17.7 MILLION

experienced delays or cancellations in appointments

7.3 MILLION

experienced delays in getting prescriptions

4.9 MILLION

were unable to access needed care



Many struggled to get necessary mental health care, with telehealth proving an essential option.

26.3 MILLION

adults received virtual mental health services in the past year



34% of those with mental illness



50% of those with serious mental illness

1 in 5

young people report that the pandemic had a significant negative impact on their mental health.

Among U.S. YOUNG ADULTS (aged 18-25):



1 in 3 experienced a mental illness

## YOUTH & YOUNG ADULTS

Youth and young adults experienced a unique set of challenges during the COVID-19 pandemic - isolation from peers, adapting to virtual learning, and changes to sleep habits and other routines.

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)



[www.nami.org](http://www.nami.org)



**1-833-4PEERVA**

*(1-833-473-3782)*

[www.AliveRVA.org](http://www.AliveRVA.org)

Facebook and Instagram@AliveRVAwarmline

**Peer Recovery  
Warm Line**

*Listening and  
Recovery Support*

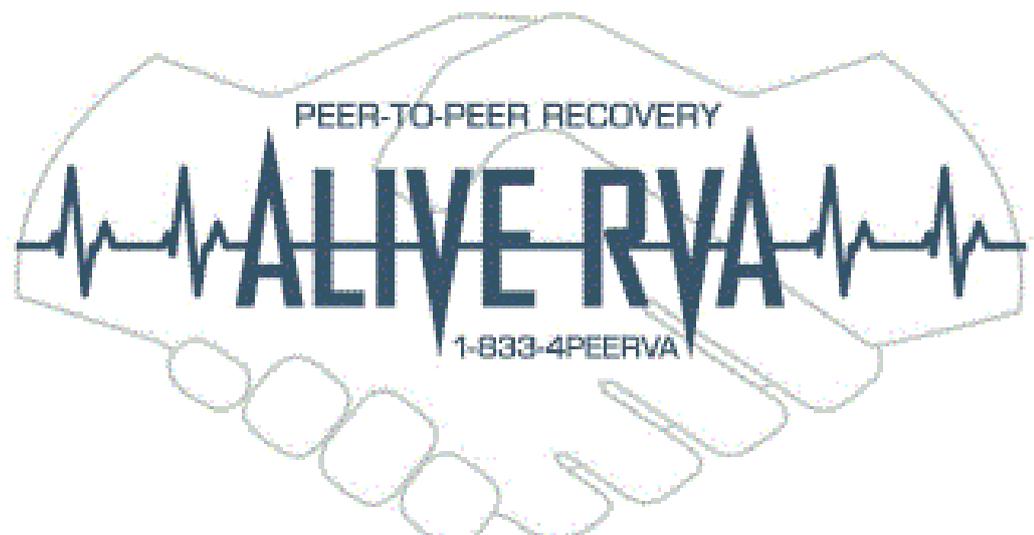
*Treatment,  
Housing, Food &  
Health Resources*

*You don't have to  
face this alone.*

*Call us.*

**OPEN DURING  
HOLIDAYS**

We encourage those  
struggling with  
addiction, their loved  
ones & community  
members to reach out.



**Alive RVA Warm Line**

**8:00 am—12:00 midnight**

**7 days/week**

**Talk to trained individuals with lived experience in  
addiction recovery. Safe and confidential.**

**We're here to help.**

*Alive RVA Project Partners:*

**Substance Abuse & Addiction Recovery Alliance (SAARA);**

**Mental Health America of Virginia;**

**Richmond Behavioral Health Authority.**

*Alive RVA is partially funded by a SAMHSA SOR grant awarded to Virginia DBHDS.*

# When to Visit Primary Care:

Your primary care provider (PCP) is your partner in good health and your main point of contact for your health care needs. Your PCP gives you routine care and will treat you when you have a problem that is not an emergency. **To schedule an appointment, please contact your case manager or the RBHA Main Line 804-819-4000**



Routine Well Visits



After Hospital or Urgent Care Visit



Immunizations or Shots



Diabetes



Rashes



Cold & Flu Symptoms



Diarrhea



High Blood Pressure



Tooth Pain



Sore Throat



Pink Eye



Lower Back Pain



Ear ache



Urinary Tract Infection



Mild Asthma

# When to Visit Urgent Care:

When your primary care provider (PCP) isn't available, or if you are hurt from an injury and **you need to see a doctor quickly and it is not an emergency**, urgent care is there to help you. Urgent Care has evening and weekend hours when your PCP may not be available. **You should always schedule a follow up visit with your PCP after an urgent care clinic visit.**



Mild Fever



Sprains & Strains



Stitches



Rashes



Cold & Flu Symptoms



Tooth Pain



Diarrhea and Vomiting



Sore Throat



Minor eye injuries or Pink Eye



Lower Back Pain



Animal or Insect Bite



Urinary Tract Infection

# When to Visit the Emergency Room:

**You should use the emergency room or call 911 for any emergency.** You should always schedule a follow up visit with your primary care provider (PCP) after visiting the emergency room or hospital.



Allergic Reactions



Breathing Problems



Serious Injuries & Broken Bones



Severe Burns



Suspected Drug Overdose or Poisoning



Heart Attack Symptoms



High Fever



Stroke Symptoms



Severe Abdominal or Chest Pain

# When to Call RBHA Crisis:



Mental Health or Psychiatric Emergency

**804-819-4100**

Available 24-hours a day

*This page is not intended to be a substitute for medical advice. Please talk to your Primary Care Provider with additional questions. Always call 911 or go to the nearest hospital in an emergency.*