

Mental Health America Screening

Increasingly, individuals are turning to the internet to find mental health information and support. Mental Health America provides individuals with free, anonymous, and confidential screening tools that allow individuals to explore their mental health concerns and bring results to a provider. MHA Screening uses scientifically validated screening tools commonly used by mental health and primary health practitioners. MHA Screening provides a depression, anxiety, bipolar, PTSD, substance and alcohol use, youth, parent, and psychosis screen.

Recognize these symptoms? Act before Stage 4 - take a screen at MHAScreening.org.

Changes in energy level and sleep patterns

Noticeable restlessness or irritability

Feeling sad, empty, hopeless, worthless, or guilty

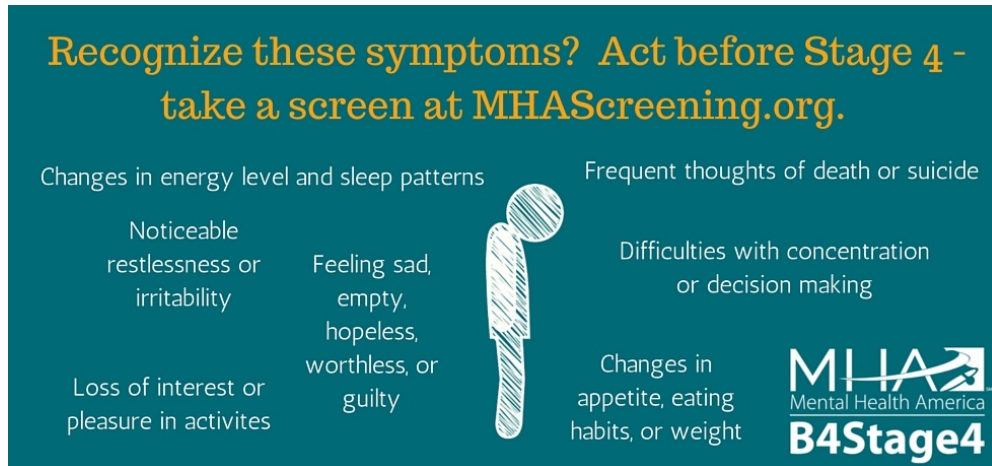
Loss of interest or pleasure in activities

Frequent thoughts of death or suicide

Difficulties with concentration or decision making

Changes in appetite, eating habits, or weight

MHA
Mental Health America
B4Stage4



Over **4.5 million** individuals visit MHA's website yearly. The top Google Keywords that lead people to Mental Health America include:

- schizophrenia
- personality disorder
- depression test
- paranoia
- que es bipolar
- que es la depression
- bipolar test
- am I depressed
- types of schizophrenia
- mood disorders

MHA Screening provides **support for around 3,000 screeners daily**. Since its inception in May 2014, MHA has collected over **3.5 Million screens**. We currently have sufficient data to conduct cross state analysis, with over **20,000 to 60,000 screens from larger states** like California, Texas and Florida.

After completing their screening, individuals receive immediate results, resources and linkage to affiliates. Along with the results of their screens, individuals provide MHA with valuable demographic and survey responses that allow us to further support our mental health policy and education efforts.



About the Screeners who Visit MHA Screening

- 75 percent are female and 25 percent are male.
- 66 percent are White (non-Hispanic), 11.7 percent are Hispanic/Latino, 7 percent are Black/African American, and 7 percent are Asian/Pacific Islander.
- 32 percent are 11-17 years old, 34 percent are 18-24 years old, and 18 percent are 35-44 years old.
- 50 percent of screeners report household incomes of less than \$40,000 a year.
- The completed screens provide a geographical sample that is representative of each state's population. For example, 6 percent of MHA screeners live in New York which corresponds to the US Census report that 6 percent of the total US population live in New York.

What MHA Screening Results Reveal

- Over 60 percent of screeners took the Depression Screen, 20 percent completed the Bipolar Screen, 10 percent completed the Anxiety Screen, and 3 percent completed the PTSD screen.
- 74 percent scored moderate to severe for any of the conditions, and of those, 68 percent had never been diagnosed.
- 13% of those who screened reported having other health conditions. The most common conditions reported were chronic pain or arthritis, Diabetes, and COPD or lung disease.
- 35% of those who screened identified as students and 9% identified as LGBT.

Moving Forward

The analysis of the screenings has assisted in the development of public education campaigns, needs assessments, and program development that better meet the needs for our affiliates and their communities. Specifically, Mental Health America has started collaboration with partners like Walgreens, FamilyWize, and Partners for StrongMinds (National Psychosis Prevention Council) to help us reach our goal of 3 Million screens by the end of 2017.

Mental Health America has also started collaborations with researchers like Massachusetts General Hospital, UCSF, and IBM to explore the depth of what the data can share about unmet need and ways we can reduce the duration of untreated mental illness.

Many people do not seek treatment in the early stages of mental illnesses because they don't recognize the symptoms.

84%

of the time between first symptoms and first treatment is spent not recognizing the symptoms of mental illness.

16%

of time is spent getting help.¹

The delays in treatment for mental illnesses are longer than for many other health conditions.²⁻⁴



Anxiety Disorders



Mood Disorders



Psychosis