



Wisconsin United for Mental Health

An ongoing effort by Wisconsin citizens to educate and increase awareness about mental illnesses as real, common, and treatable; recovery is possible.

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www.wimentalhealth.org

Steering Committee:

Disability Rights Wisconsin

Grassroots Empowerment
Project

Helping Others Prevent and
Educate about Suicide

Mental Health America
of Wisconsin

Mental Health Center
of Dane County, Inc.

Mental Health Coalition of the
Greater La Crosse Area

National Alliance on Mental
Illness (NAMI) - Wisconsin and
Affiliates and NAMI Consumer
Council

Wisconsin Council on
Mental Health

Wisconsin Department of
Health Services

Division of
Mental Health and
Substance Abuse Services

Bureau of Prevention,
Treatment, and Recovery

Division of Public Health

Wisconsin Department of
Workforce Development

Wisconsin Family Ties

Wisconsin Medical Society

Wisconsin Women's Health
Foundation

Wisconsin United for Mental Health

Mental Illnesses are... Real. Common. Treatable. Recovery is Possible.

Wisconsin United for Mental Health is a coalition of citizens dedicated to eliminating the stigma and discrimination associated with mental illness. Our initiatives promote mental health awareness and education with media, employers, schools, and others to create mental health-friendly environments and build linkages for hope and recovery.



Facts about Mental Illnesses



from the National Institute on Mental Health and Mental Health America

- Research shows that one in five Wisconsinites, including children, will be affected by a mental illness this year. Nearly two-thirds of those with a diagnosable mental disorder do not get the treatment and support that can help them recover.
- Up to one in 10 children have a serious emotional disorder. However, 40 percent of all children with a serious emotional disorder do not receive mental health services.
- More than three times as many people died of suicide in Wisconsin in 2006 compared to homicides. Suicide is the second leading cause of death for Wisconsinites aged 15-34. And 90 percent of persons who complete suicide had a mental illness or substance abuse disorder. Research found that in the month prior to completing suicide, 75 percent of elderly persons had visited a physician.
- Depression is not a normal part of aging. Because depression co-occurs with many health conditions such as heart disease, stroke, diabetes, or cancer, older adults with these conditions have heightened risk for drug interactions and side effects with changes in mood and behavior in addition to social/economic/ health and other concerns. Health care professionals may mistake clinical depression as a normal part of these physical illnesses. These factors contribute to under-diagnosis and under-treatment.
- Some mental illnesses can be caused by biochemical disturbances in the brain, or are triggered by exposure to trauma and acts of violence, or extremely stressful events such as rape, combat, domestic violence, bullying, or a natural disaster.
- People can and do recover from mental illness. Best practice treatment options include a combination of medication and psychotherapy, which have treatment success rates (80-90%) that are significantly higher than treatment success rates for several physical illnesses, such as heart disease (45-50%).



Wisconsin United for Mental Health



- Launched in May 2002 with support of state, nonprofit, advocacy, and consumer organizations and groups.
- The enhanced Wisconsin United for Mental Health Web site, www.wimentalhealth.org, provides information about mental illnesses within diverse cultural/ethnic groups and across the life span, treatment options, and ways to combat stigma.
- Examples of public education by Wisconsin United for Mental Health include: the 2007 Media Guide "Open Minds, Open Doors", a race-media forum, opinion pieces in newspapers, public service announcements, trainings in workplaces and schools, ongoing promotion of mental health (depression) screening, and awareness events.