

Florida Department of Health

CredibleMind



Florida
HEALTH

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Presenter



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Mental Health

When we hear “mental health” we tend to think of the negative things like feeling anxious, depressed, or stressed.

Did you know that mental health also includes emotional, psychological, and social well-being?

Things like our happiness, eating habits, and job or relationship satisfaction can affect our mental health, too.

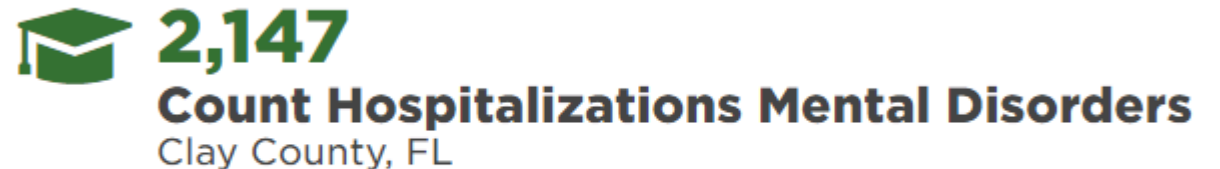
Statistics

Suicide is among the top 10 leading causes of death in the United States, resulting in about one death every 11 minutes.

In 2022, the age-adjusted rate per 100,000 population of deaths from suicide in Clay County was 18.7, compared to Florida at 14.1.

This data point highlights the importance of mental health support and services in the community. It underscores the need for accessible resources and interventions to assist individuals facing mental health challenges. Prioritizing mental health initiatives can help address the well-being of residents in the county.

Hospitalizations for mental health disorders are rising. Clay County residents are not able to receive care when they need it.



Sources: Florida Health CHARTS, 2023

Mental Health is a Public Health Problem

DOH-Clay alongside its community partners is working to reduce the rate of mental health crisis in the community and provide education on available services and resources.

Recognizing and prioritizing mental health is essential for fostering a healthy, resilient, and thriving society. It requires a collective effort involving individuals, communities, healthcare systems, and policymakers to create environments that support mental well-being at every stage of life.

Community Health Improvement Plan

Our goal: Increase coordinated behavioral healthcare services and resources for at-risk populations in Clay County.

By December 31, 2028, decrease the age-adjusted rate of emergency department visits from mental disorders in Clay County from 973 per 100,000 (2022) to 900 per 100,000.

CredibleMind Introduction



**Elevating Mental Wellness for All:
Accessible Anywhere, Anytime**

CredibleMind is a free online platform that brings together expert rated and vetted videos, podcasts, apps, books and articles all in one easy to use place.

Strengthening Community Resilience

In light of the escalating mental health crisis, adopting strategic, evidence-based solutions is more important than ever.

- Supports community mental health initiatives with a scalable solutions that addresses the diverse needs of our population.
- Leverages aggregate data insights to inform public health strategies and improve community mental health outcomes.
- Fosters public-private partnerships to expand mental health resources and interventions across communities, ensuring no one is left behind.

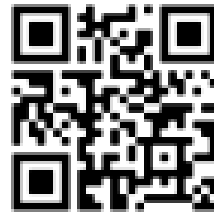
Privacy

Your Privacy Matters

Personal information including name, email address, and responses will not be shared.

The data DOH-Clay receives is simply analytical: number of clicks and more popular topics, allowing us to cater our outreach efforts.

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