

# CENTRAL MAINE DISTRICT:

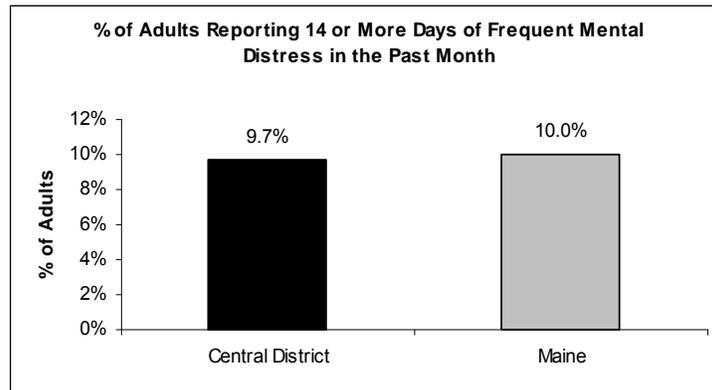
# Mental Health

## Depression and Suicide

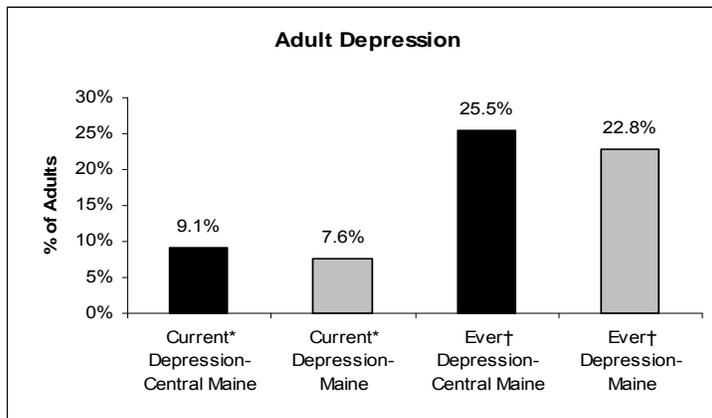
Mental disorders burden a large proportion of people from all age, race, and ethnic groups. Major depression is the leading cause of disability among adults in the United States and is diagnosed in women twice as often as men. However, proper intervention and treatment can be highly effective.

Recent Maine data has demonstrated an inter-relationship between mental illness, health risk, chronic disease and poor self care. Prevention, early screening and diagnosis, and access to care is essential for those who suffer from mental illness to maintain healthy and productive lives.

Data on mental health is collected through public health surveillance systems, hospital records, and vital records. For more information on adult mental health in Maine, contact the Office of Adult Mental Health Services at: [www.maine.gov/dhhs/mh/](http://www.maine.gov/dhhs/mh/). For information on suicide prevention in Maine youth, see [www.maine.gov/suicide/](http://www.maine.gov/suicide/) and/or contact Maine CDC’s Injury Prevention Program at [www.mainepublichealth.gov](http://www.mainepublichealth.gov)

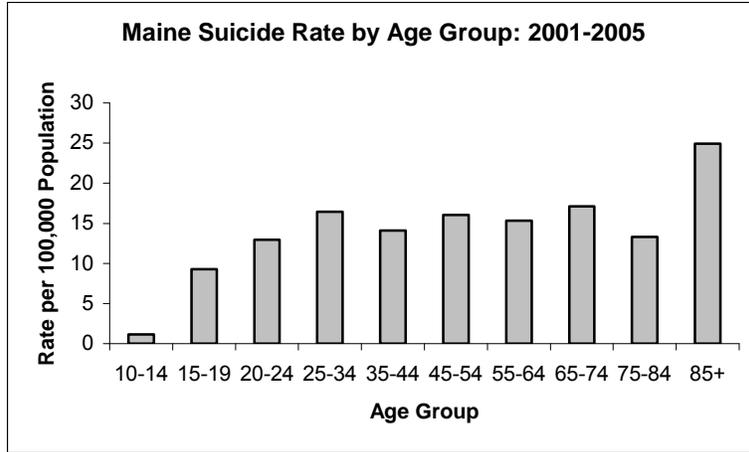


Source: 2006 BRFSS

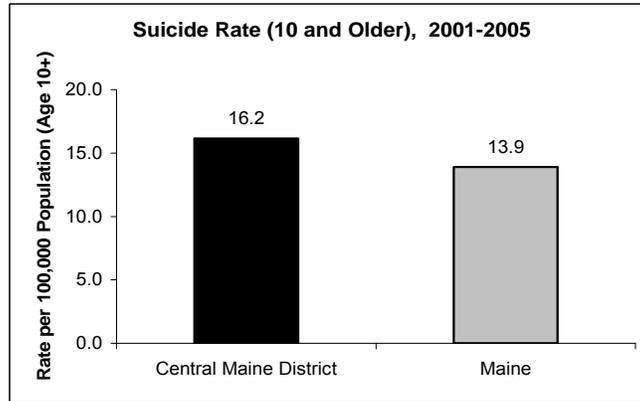


Source: 2004-2006 BRFSS; Based on responses on PHQ-8

†Source: 2006 BRFSS; Combined Depression: Ever diagnosed with depression or reporting current symptoms



Source: 2001-2005 Maine Vital Records



Source: 2001-2005 Maine Vital Records

	Central Maine District Number	Central Maine District Percent or Rate (± Margin of Error)	Maine State Percent or Rate (± Margin of Error)
Adults who report experiencing 14 or more days of frequent mental distress in the past month <sup>1</sup>		9.7% (± 3.0)	10.1% (± 1.2)
Adults Who Report Current Symptoms of Moderate or Severe Depression <sup>2</sup>		9.1% (± 2.9)	7.6% (± 1.0)
Adults Who Have Ever Had Depression <sup>3</sup>		25.5% (± 4.7)	22.8% (± 1.6)
Youth who report Symptoms of depression in the past year, 2005 <sup>4</sup>		<i>Not available</i>	20.6% (± 3.2)
Suicide Deaths; Age 10 and Older <sup>5</sup>	25 (avg. per yr)	16.2 (± 2.9) (per 100,000)	13.9 (± 1.0) (per 100,000)

1. Source: BRFSS 2006. "Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days in the past 30 days was your mental health not good?"  
 2. Source: 2004-2006 BRFSS: based on responses on PHQ-8  
 3. Source: 2006 BRFSS: Combined: Ever diagnosed with depression or reporting current symptoms  
 4. Source: 2005 Youth Risk Behavior Survey: Youth who reported feeling "so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months." YRBS data are not available at the district level  
 5. Source: 2001-2005 Maine Vital Record