

BRAINSTORMING

NEWSLETTER



MHA Releases 2024 State of Mental Health in America Report

The U.S. is indeed in a mental health crisis, according to Mental Health America (MHA) analysis. Nearly 60 million adults (23.08%) experienced a mental illness in the past year. MHA just released its annual State of Mental Health in America report, which ranks all 50 states and the District of Columbia based on 15 mental health access and prevalence measures. In this new report, using 2022 data, Kansas has significantly improved its ranking.

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U.S. Surgeon General Issues Advisory on the Mental Health and Well-Being of Parents

Over the last decade, parents have been consistently more likely to report experiencing high levels of stress compared to other adults. 33% of parents reporting high levels of stress in the past month compared to 20% of other adults. When stress is severe or prolonged, it can have a harmful effect on the mental health of parents and caregivers, which in turn also affects the well-being of the children they raise.

[READ MORE HERE](#)

Published by U.S. Department of Health and Human Service

Brainstorming is an on-line publication of the National Alliance on Mental Illness (NAMI) – Wichita Affiliate. It is made up of articles encompassing the topic of mental illness. Information provided in this e-magazine is for informational purposes only, has not been researched or independently verified and is not intended as medical advice. Views published in Brainstorming are those of the individual authors and contributors and do not reflect and are not endorsed as local, state or national NAMI positions. To read the full articles, click on the "Read more" link following the introduction to each article. To submit articles and other material to be considered for inclusion in this e-magazine, email info@namiwichita.org.



Lonely people tend to have more nightmares, new research shows

The findings are important because both loneliness and sleep disorders are serious public health issues, said OSU's Colin Hesse. They are connected to increased risk of heart disease, stroke and premature death.

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Published by Science Daily



Collaborative Care Could Help Reduce Disparities in Mental Health Treatment

A new study funded by the National Institute of Mental Health marks a step toward reducing disparities in mental health care. It found that a collaborative care intervention delivered in real-world settings significantly reduced PTSD symptoms among patients from racial and ethnic minority backgrounds.

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Published by NIH



October Is National Depression and Mental Health Screening Month, & ADHD Awareness Month, & So Much More!

October is filled with a focus on mental health education and depression awareness. The entire month is filled with sharing information and awareness of screenings and prevention, as the following is observed throughout October:

- *National Depression and Mental Health Screening Month*
- *Health Literacy Month*
- *ADHD Awareness Month*
- *Bullying Prevention Month*

Observed focus weeks throughout October are:

- *Mental Illness Awareness Week (First week of October)*
- *OCD Awareness Week (Second week of October)*
- *National Health Education Week (Third week of October)*

Observed focus days include:

- *National Depression Screening Day (October 5)*
- *World Mental Health Day (October 10)*

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Published by American Behavioral Clinics

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