



# Outreach of the Month:



## Information for Your Patients

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Volume 5

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Gaps in care Outreach  
Topic:  
Mental Health Awareness

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#### Helpful Links:

Link1  
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### IMPORTANT FACTS ABOUT MENTAL HEALTH

**Fact:** Mental health issues can affect anyone. In 2020, about:

- One in 5 American adults experienced a mental health condition in a given year
- One in 6 young people have experienced a major depressive episode
- One in 20 Americans have lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

Additionally, suicide is a leading cause of death in the United States. In fact, it was the second leading cause of death for people ages 10-24. Suicide has accounted for the loss of more than 45,979 American lives in 2020, nearly double the number of lives lost to homicide.

**Fact:** People with mental health conditions can be just as productive as other employees, especially when they are able to manage their mental health condition well. Employers often do not know if someone has a mental health condition, but if the condition is known to the employer, they often report good attendance and punctuality as well as motivation, good work, and job tenure on par with, or greater than, other employees.

**Fact:** Mental health conditions have nothing to do with being lazy or weak and many people need help to get better. Many factors contribute to mental health conditions, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health conditions

People with mental health conditions can get better and many seek recovery support

**Fact:** Friends and loved ones can make a big difference. In 2020, only 20% of adults received any mental health treatment in the past year, which included 10% who received counseling or therapy from a professional. Friends and family can be important influences to help someone get the treatment and services they need by:

- Reaching out and letting them know you are available to help

\*Please contact your UOP PCP Today\*

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