

WHO is affected?
HOW big is the issue?
WHAT contributes to the issue?
WHEN and WHERE is the issue most likely to occur?



Health Behaviors and Health Outcomes	
Theme: Mental Health	
Who	This theme impacts everybody in the community
How	The issue is very widespread and due to need and availability of treatment mental health has become a local crisis situation.
What	Factors that have contributed to the increase in this theme include: lack of health care, isolation, personal stressors, trauma, significant life events, stigma around treatment and topic, lack of supports, food insecurity, cost, lack of insurance, “pull up by your bootstraps mentality”
When and Where	Mental health issues can arise from significant life events/trauma, ACEs (Adverse Childhood Events), having no connection with peers, and not using healthy coping skills.

Mental Health

```
graph TD; MH[Mental Health] --> Stress[Stress]; MH --> Behaviors[Behaviors]; MH --> Accessibility[Accessibility]; MH --> Isolation[Isolation]; Stress --- StressList["-Financial<br/>-Trauma<br/>-Housing<br/>-Job<br/>-Family/Relationships"]; Behaviors --- BehaviorsList["-Poor coping skills<br/>-Suicide<br/>-Substance use<br/>-Family Violence Lifestyle<br/>-Gender Norms"]; Accessibility --- AccessibilityList["-Policies<br/>-Health insurance<br/>-Systems Set Up"]; Isolation --- IsolationList["Environmental<br/>-Fear<br/>-Judgement"]; Env[Environment]; Stigma[Stigma, Maslow's Hierarchy of Needs]; Policies[Social Service Policies, Funding Limits];
```

Stress

- Financial
- Trauma
- Housing
- Job
- Family/Relationships

Behaviors

- Poor coping skills
- Suicide
- Substance use
- Family Violence Lifestyle
- Gender Norms

Accessibility

- Policies
- Health insurance
- Systems Set Up

Isolation

- Environmental
- Fear
- Judgement

Environment

**Stigma, Maslow's
Hierarchy of Needs**

**Social Service Policies,
Funding Limits**