

# AROOSTOOK DISTRICT:

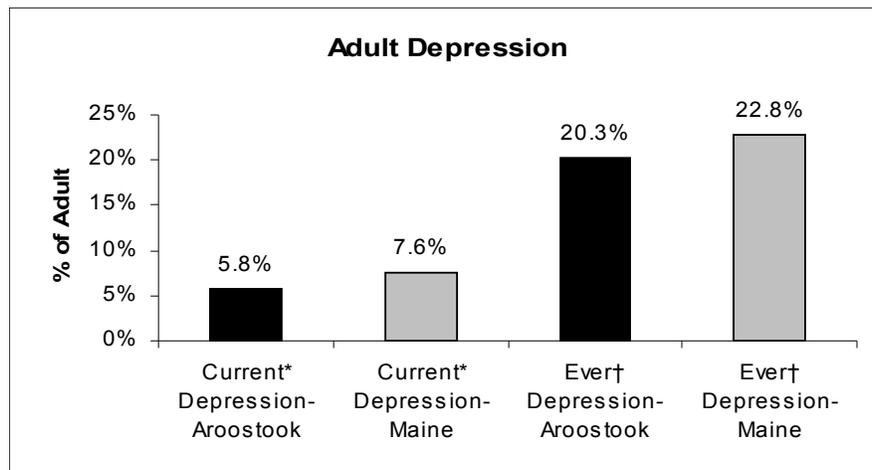
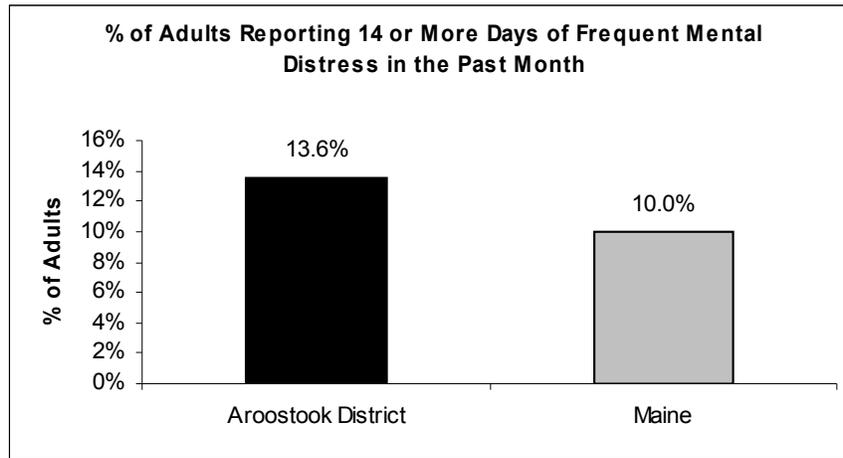
# Mental Health

## Depression and Suicide

Mental disorders burden a large proportion of people from all age, race, and ethnic groups. In fact, major depression is the leading cause of disability among adults in the United States.

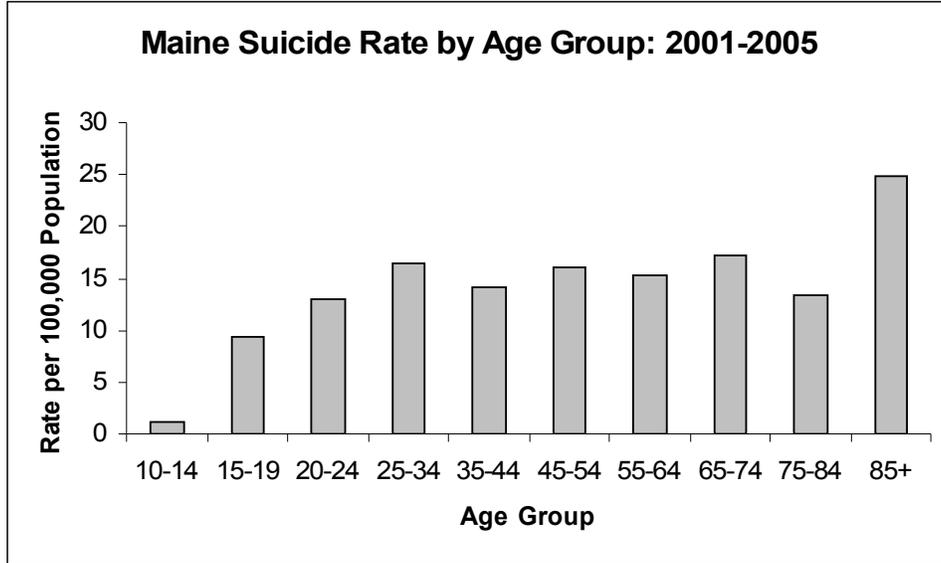
Proper intervention and treatment can be highly effective and is essential for those who suffer from mental illness to maintain healthy and productive lives. Data on mental health indicators, presented below, are tracked through a state public health survey of adults, hospital records, and vital records.

To find out more about adult mental health in Maine, please visit the Office of Adult Mental Health Services at: [www.maine.gov/dhhs/mh/](http://www.maine.gov/dhhs/mh/); and for information on suicide prevention in our youth, please 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)

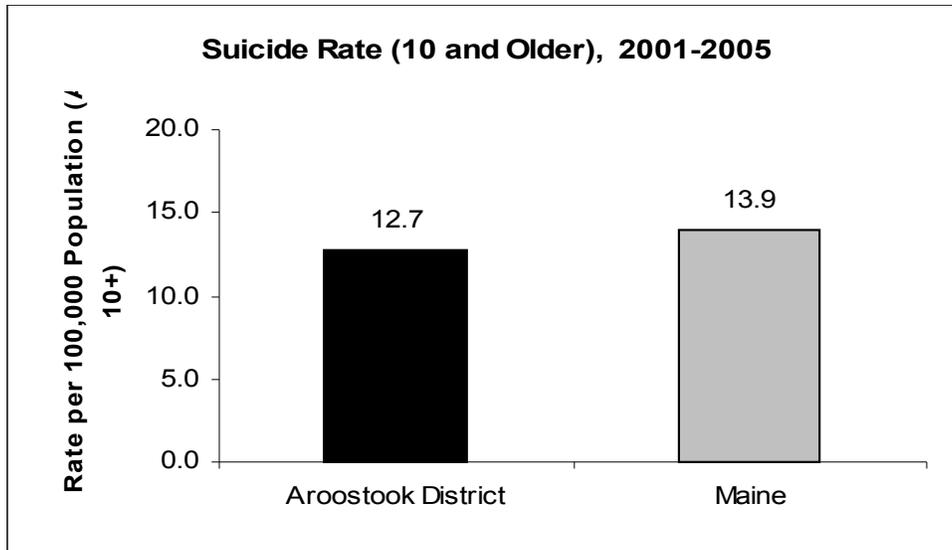


\*Source: 2004-2006 BRFSS; Based on responses on PHQ-8

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



Source: 2001-2005 Maine Vital Records



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	<b>Aroostook District Number</b>	<b>Aroostook District Percent or Rate</b> (± Margin of Error)	<b>Maine State Percent or Rate</b> (± Margin of Error)
Adults who report experiencing 14 or more days of frequent mental distress in the past month <sup>1</sup>		13.6% (±5.1)	10.0 (± 1.2)
Adults Who Report Current Symptoms of Moderate or Severe Depression <sup>2</sup>		5.8% (±3.3)	7.6% (± 1.0)
Adults Who Have Ever Had Depression <sup>3</sup>		20.3% (±7.1)	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>	8.4 (avg. per yr)	12.7 (±3.9) (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 Records