

Empathy and Mental Illness: Bridging the Gap

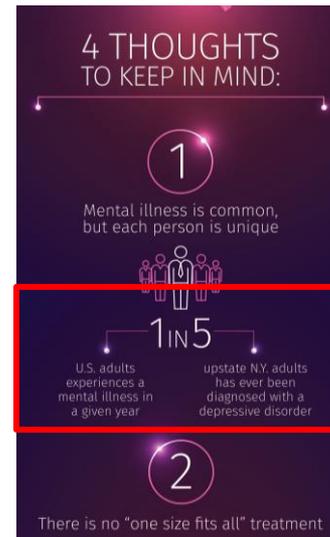
Supplement to Corporate Communications Infographic



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This supplement is intended to provide additional data and methods used to obtain information found in the mental illness infographic.

The red box indicates which part of the infographic that slide is referring to. →



[Centers for Disease Control and Prevention](#)

← Click on the underlined links for more information. They are hyperlinked to the source.

EMPATHY AND MENTAL ILLNESS: BRIDGING THE GAP

It's important to realize 2/3 OF ADULTS have experienced an illness and symptoms of an adult with mental illness. However, before 1/2 OF ADULTS experience and receive mental illness, 9/10 struggle the majority due to having someone that does not understand their illness.



4 THOUGHTS TO KEEP IN MIND:

1

Mental illness is common, but each person is unique



1 IN 5

U.S. adults experiences a mental illness in a given year
upstate N.Y. adults has ever been diagnosed with a depressive disorder

2

There is no "one size fits all" treatment



15%

of upstate N.Y. adults are currently being prescribed or receiving treatment for mental illness
Treatment varies, depends on the person, and can include medication, therapy or both

3

Treatment adherence is key



Mental illness is common among people with chronic illnesses like diabetes or heart disease
Mental illness can make it difficult to adhere to treatment for chronic conditions, risking complications and a lower quality of life

4

See the person, not the illness



Reframe our thoughts about mental illness - instead of blaming, passing judgment or trying away from a person, offer support

TO LEARN MORE, FIND SUPPORT OR GET INVOLVED, VISIT [NAMI.ORG](#)

Background

Sixty percent of upstate New York adults feel that people are caring and sympathetic to those who suffer from a mental illness. However, people suffering from a depressive disorder have a less rosy view, with only 46 percent of them believing that there is empathy for people with mental illness. This empathy gap reflects the myths and stigma surrounding mental illness, which can cause affected persons to delay treatment and have a poorer quality of life. The purpose of this report is to offer strategies to bridge that empathy gap and promote open and honest conversations about mental health in our community.

Compared to nearly 2/3 OF ADULTS who believe that caring and sympathetic to individuals with mental illness, fewer than 1/2 OF ADULTS who have a depressive disorder believe there is empathy for people with mental health issues. You can bridge the empathy gap by having open and honest conversations about mental illness.



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1 in 5

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upstate NY adults just had been diagnosed with a depressive disorder

2

There is no "one size fits all" treatment



<1/2

U.S. adults with a mental health condition received treatment last year



4 in 5

upstate NY adults agree that treatment can help people with mental illness

15%

of upstate NY adults are currently being hospitalized or receiving treatment for mental illness



Treatment varies, depending on the person, and can include medication, therapy or both

3

Treatment adherence is key



Encourage people with mental illness to seek and adhere to treatment



Those receiving care should talk with their doctor about concerns and consider medication reminders like pillboxes and alarms

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"We will get through this together"

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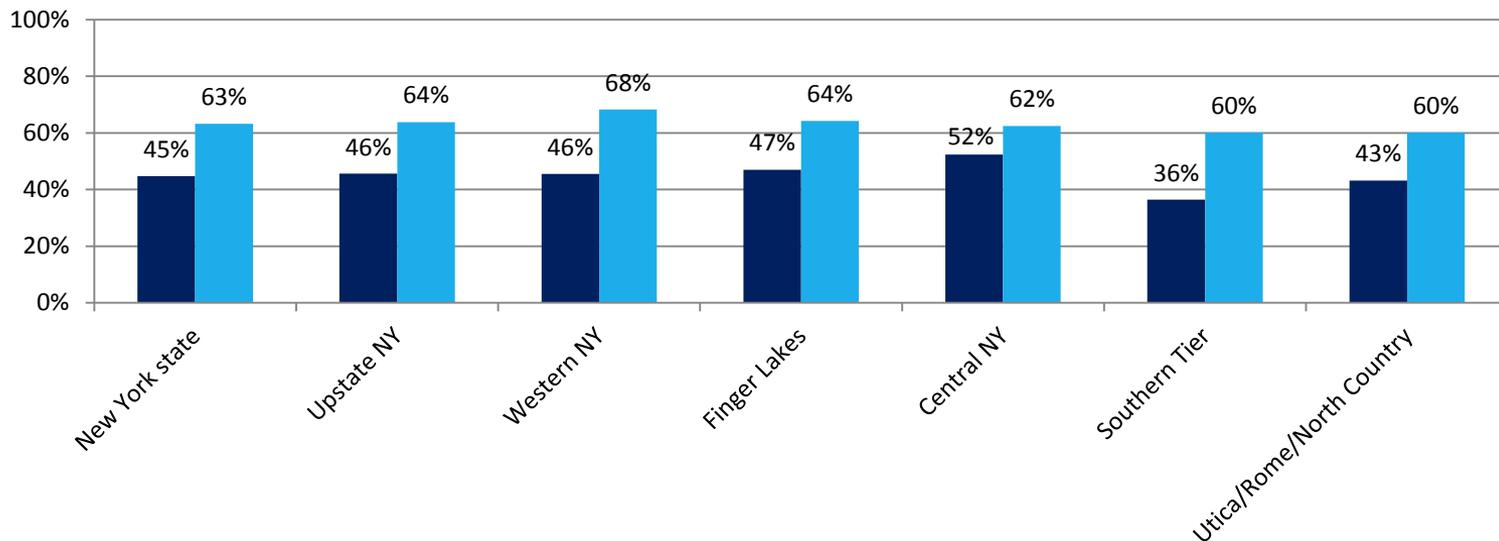
Reframe our thoughts about mental illness – instead of blaming, passing judgment or shying away from a person, offer support

TO LEARN MORE, FIND SUPPORT OR GET INVOLVED, VISIT NAMI.ORG

In upstate N.Y., nearly 2/3 OF ADULTS feel that people are caring and sympathetic to individuals with mental illness. However, less than 1/2 OF ADULTS who have a depressive disorder believe there is empathy for people with mental health issues. You can bridge the empathy gap by having open and honest conversations about mental illness.

Agree strongly or slightly: People are generally caring and sympathetic to people with mental illness

■ Among adults with depressive disorder ■ Among adults without depressive disorder



Source: Centers for Disease Control and Prevention – Behavioral Risk Factor Surveillance System, 2015



Sources:

- National Alliance on Mental Illness – [Prevalence of Mental Illness](#)
 - About 1 in 5 U.S. adults experiences a mental illness in a given year
- Centers for Disease Control and Prevention – Behavioral Risk Factor Surveillance System, [2015](#)
 - 1 in 5 upstate N.Y. adults has ever been diagnosed with a depressive disorder

EMPATHY AND MENTAL ILLNESS: BRIDGING THE GAP

It's often not nearly 2/3 OF ADULTS but the stigma on being and symptoms of adults with mental illness. Research shows that 1/2 OF ADULTS experience with mental illness. They can bridge the stigma gap by having mental health conversations with their loved ones.

4 THOUGHTS TO KEEP IN MIND:

- 1**

Mental illness is common.

U.S. adults experiences a mental illness in a given year. upstate N.Y. adults has ever been diagnosed with a depressive disorder.
- 2**

There is no "one size fits all" treatment.

<1/2	4 in 5
U.S. adults with a mental health condition received treatment last year.	upstate N.Y. adults agree that treatment can help people with mental illness.
15%	Treatment varies
of upstate N.Y. adults are currently being hospitalized or receiving treatment for mental illness.	of upstate N.Y. adults agree that treatment can help people with mental illness. Treatment varies, depending on the person, and can include medication, therapy or both.
- 3**

Treatment adherence is key.

Encourage people	Those receiving care
with mental illness to seek and adhere to treatment.	should talk with their doctor about concerns and consider medication reminders like pillboxes and alarms.

Mental illness is common among people with chronic illnesses like diabetes or heart disease. Mental illness can make it difficult to adhere to treatment for chronic conditions, risking complications and a lower quality of life.
- 4**

See the person, not the illness.

"We will get through this together." "I'm here for you."

Reframe our thoughts about mental illness – instead of blaming, passing judgment or shying away from a person, offer support.

TO LEARN MORE, FIND SUPPORT OR GET INVOLVED, VISIT [NAMI.ORG](#)



Sources:

- Mental Health.gov - [Mental Health Myths and Facts](#)
 - Less than half of adults with a mental health condition received services last year
 - Treatment varies, depending on the person, and can include medication, therapy or both
- National Alliance on Mental Illness - [Mental Health by the Numbers](#)
 - Less than half of adults with a mental health condition received services last year
- Centers for Disease Control and Prevention – Behavioral Risk Factor Surveillance System, [2015](#)
 - 15% of upstate N.Y. adults are currently taking medication or receiving treatment for mental illness
 - 4 out of 5 upstate N.Y. adults agree that treatment can help people with mental illness

EMPATHY AND MENTAL ILLNESS: BRIDGING THE GAP

It's often true: more than 1/2 OF ADULTS with mental illness have not sought or responded to treatment. In fact, more than 1/2 OF ADULTS with mental illness have not sought or responded to treatment. In fact, more than 1/2 OF ADULTS with mental illness have not sought or responded to treatment.



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 <p><1/2</p> <p>U.S. adults with a mental health condition received treatment last year</p>	 <p>4 IN 5</p> <p>upstate N.Y. adults agree that treatment can help people with mental illness</p>
 <p>15%</p> <p>of upstate N.Y. adults are currently taking medication or receiving treatment for mental illness</p>	 <p>Treatment varies, depending on the person, and can include medication, therapy or both</p>

3

Treatment adherence is key

 <p>Encourage people with mental illness to seek and adhere to treatment</p>	 <p>Those receiving care should talk with their doctor about concerns and consider medication reminders like pillboxes and alarms</p>
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Mental illness is common among people with chronic illnesses like diabetes or heart disease

Mental illness can make it difficult to adhere to treatment for chronic conditions, risking complications and a lower quality of life

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Excellus  **PEOPLE**

Treatment adherence is key



Encourage people with mental illness to seek and adhere to treatment



Those receiving care should talk with their doctor about concerns and consider medication reminders like pillboxes and alarms

Sources:

- Mental Health.gov - [Mental Health Myths and Facts](#)
 - Encourage people with mental illness to seek and adhere to treatment
- U.S. Food and Drug Administration - [Are You Taking Medication as Prescribed?](#)
 - Those receiving care should talk with their doctor about concerns and consider medication reminders like pillboxes and alarms

EMPATHY AND MENTAL ILLNESS: BRIDGING THE GAP

An update for nearly 27% OF ADULTS has treatment on hand and symptoms of adults with mental illness. However, more than 1/2 OF ADULTS experience mental health barriers that prevent them from seeking and receiving needed care. 70% can't bridge the quality gap to having needed treatment on time and as needed.



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Sources:

- Canadian Mental Health Association - [The relationship between mental health, mental illness and chronic physical conditions](#)
 - Mental illness is common among people with chronic illnesses like diabetes or heart disease. Suffering from a mental illness can make it harder to adhere to treatment for chronic conditions, risking complications and a lower quality of life
- According to [NAMI](#) and [NIMH](#) individuals living with serious mental illness face an increased risk of having chronic medical conditions

EMPATHY AND MENTAL ILLNESS: BRIDGING THE GAP

It's often not clear **2 IN 3 OF ADULTS** how to manage an illness and symptoms of an adult with mental illness. However, more than **1/2 OF ADULTS** experience and receive better health when they do. It's important to have health literacy skills to bridge the quality gap to having better health outcomes and mental illness.

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Excellus **PEOPLELESS**

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“I’m here for you”

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Sources:

- Centers for Disease Control and Prevention - [Stigma and Mental Illness](#)
- National Alliance on Mental Illness - [9 Ways to Fight Mental Health Stigma](#)

EMPATHY AND MENTAL ILLNESS: BRIDGING THE GAP

It takes for nearly 2/3 OF ADULTS to recognize an illness and importance of individuals with mental illness. However, more than 1/2 OF ADULTS experience stigma related to mental illness. We can bridge the stigma gap by having shared conversations about mental illness.



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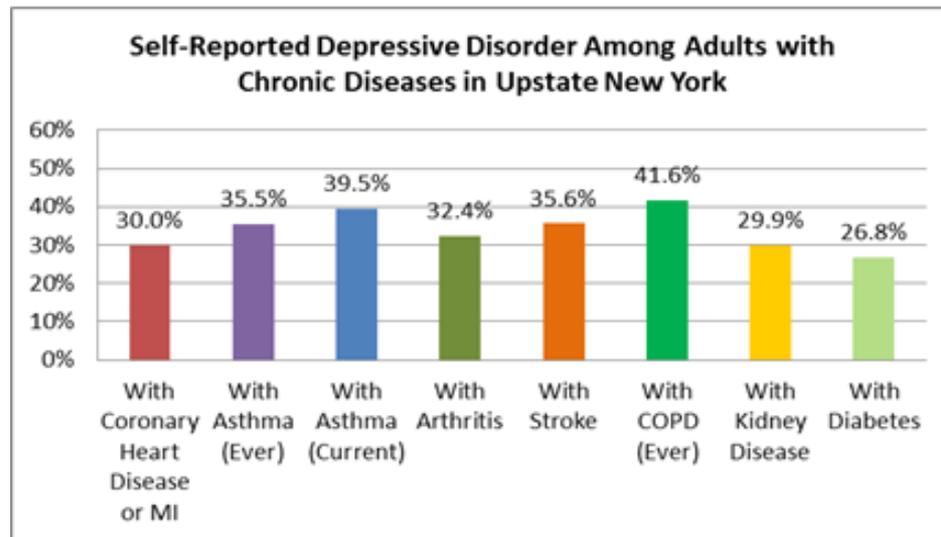
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Additional data

- In upstate New York, self-reported depressive disorder is higher among adults who also report having chronic diseases including coronary heart disease, asthma, arthritis, stroke, COPD, kidney disease and diabetes
 - Source: Centers for Disease Control and Prevention – Behavioral Risk Factor Surveillance System, [2015](#)



Source: Centers for Disease Control and Prevention – Behavioral Risk Factor Surveillance System, [2015](#)