

# MENTAL HEALTH

## FACT SHEET

HEALTHY DELAWAREANS  
WITH DISABILITIES

### RESEARCH

**Individuals with disabilities are more likely to experience poor mental health. Poor mental health can lead to serious mental illnesses, such as depression and anxiety.**

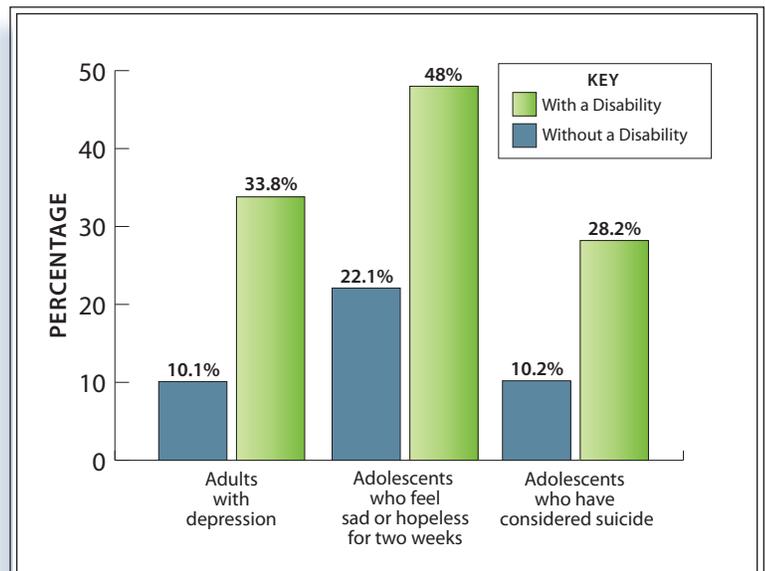
- Adolescents with intellectual disabilities under-report mental health problems. Some adolescents have considerable mental health problems, which are frequently unidentified and untreated.<sup>1</sup>
- Approximately 30–50% of children with a learning disability meet criteria for diagnosis of a mental health disorder, compared with 8–18% of those without a learning disability.<sup>2</sup>
- 40% of developmentally disabled adults are in the clinical range for depressive symptoms and 31% are in the clinical range for anxiety symptoms.<sup>3</sup>

### IN DELAWARE

**33.8%** of adults with a disability reported having depression compared to **10.1%** of adults without a disability.<sup>4</sup>

**48%** of adolescents with a disability reported having felt sad or hopeless for two weeks, compared to **22.1%** of adolescents without a disability.<sup>4</sup>

**28.2%** of adolescents with a disability reported ever considering suicide, compared to **10.2%** of adolescents without a disability.<sup>4</sup>



## COMMUNITY VOICE

***The Healthy Delawareans with Disabilities Needs Assessment asked individuals with disabilities and their caregivers to speak out about barriers they face and improvements they would like to see in accessing mental health services.***

“Expand community-based mental health services for disabled veterans and those being discharged from mental health facilities.”

“More mental health providers that understand people and the caregivers of people with disabilities.”

“Improving access to mental health services, coordinating care between psychiatric and counseling providers, also work between the psych, counseling and school services.”

“Accessing treatment for people who live with mental illness and co-occurring substance abuse issues.”

## COMMUNITY ASSETS

***Many community and state-based programs exist targeting mental health services. These programs represent available assets within Delaware. This is not intended to be a complete listing.***

*National Alliance on Mental Illness (NAMI) Delaware*

*Mental Health Association*

*Delaware Division of Substance Abuse and Mental Health*

## REFERENCES

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3. Bellin, M.H., Zabel, T.A., Dicianno, B.E., Levey, E., Garver, K., Linroth, R., & Braun, P. (2010). Correlates of depressive and anxiety symptoms in young adults with spina bifida. *Journal of Pediatric Psychology, 35*(7), 778-789.
4. Sparling, E., Borrás, K., Guinivan, P., Lee, J.C., Magane, K., McDuffie, M.J.,... Rhonton, L. (2014). *The current landscape for disability and health in Delaware: Public health assessment report summary*. Newark, DE: University of Delaware, Center for Disabilities Studies.