Stonington Mental Health Roundtable

Mental health can impact a person's day-to-day living and may also affect their ability to relate to others. Mental health conditions are far more common than many think, and stigmas are still far too often associated with them.

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24

A mental health condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment and lifestyle influence whether someone develops a mental health condition.

None of this means that you're broken or that you, or your family, did something "wrong." Mental illness is no one's fault. And for many people, recovery — including meaningful roles in social life, school and work — is possible[1].

It is with this understanding that we have put together this discussion, and we thank you for participating.

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[1] Information came from the National Alliance on Mental Illness

The goal of this discussion is similar to a smaller roundtable we held last summer. This time we wanted to add in additional perspectives, as well as re-connect on where we are as a community.

After a brief introduction, the discussion will focus on three key items:

1. What are your perspectives on the mental health related needs in the community?

2. How are we currently meeting those needs?

3. Where do you see room for improvements, what additional resources are needed and/or what changes would help better address these needs? In responding, please consider recommendations around new programs, funding or policies (local, State or Federal)?

4. Any additional areas we have not discussed that you would like to share?

Thank you.