

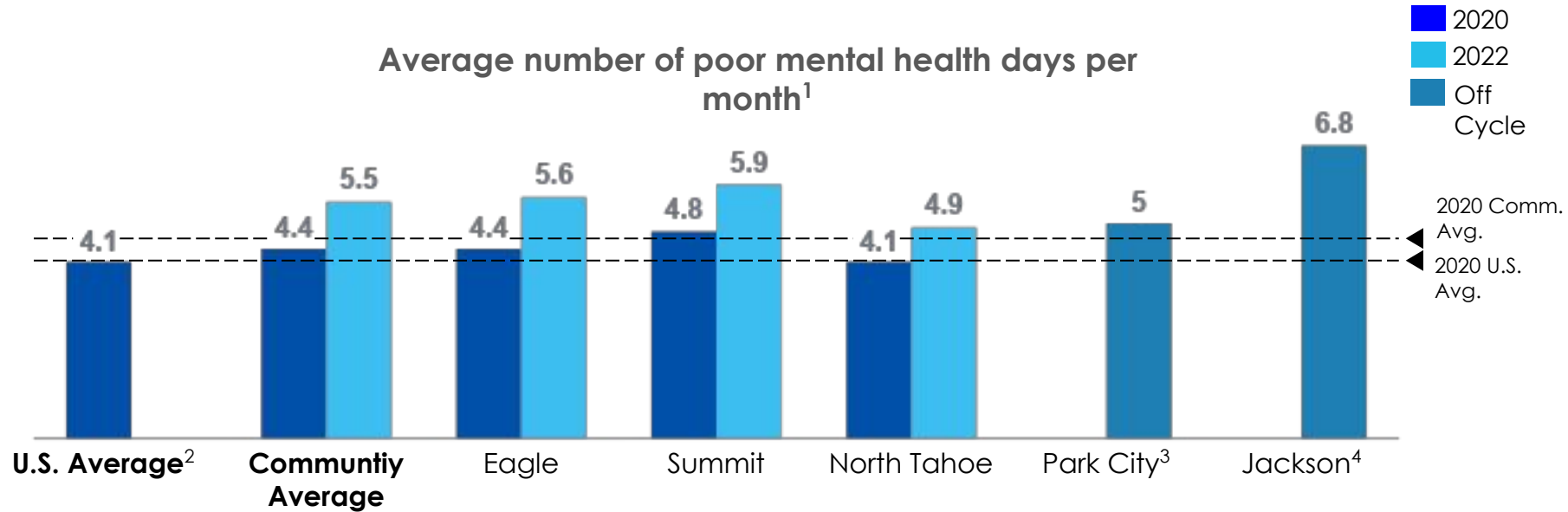


# **MENTAL HEALTH: KNOWLEDGE & ATTITUDES**

## **2022 PRC REPORT LINK**

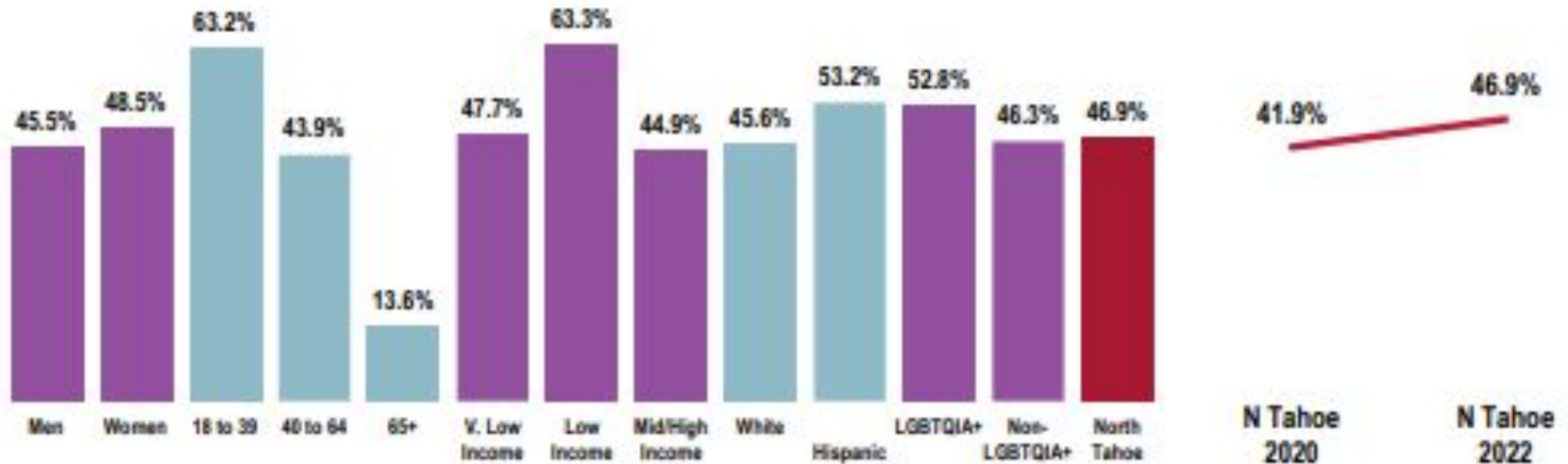
### **PG 35-57**

# WE ARE CURRENTLY EXPERIENCING A SPIKE IN POOR MENTAL WELL-BEING



*While poor mental health days were above U.S. average in 2020, It is not yet known if that is true in 2022*

# THREE OR MORE DAYS OF POOR MENTAL HEALTH IN THE PAST MONTH (NORTH TAHOE, CA: 2022)

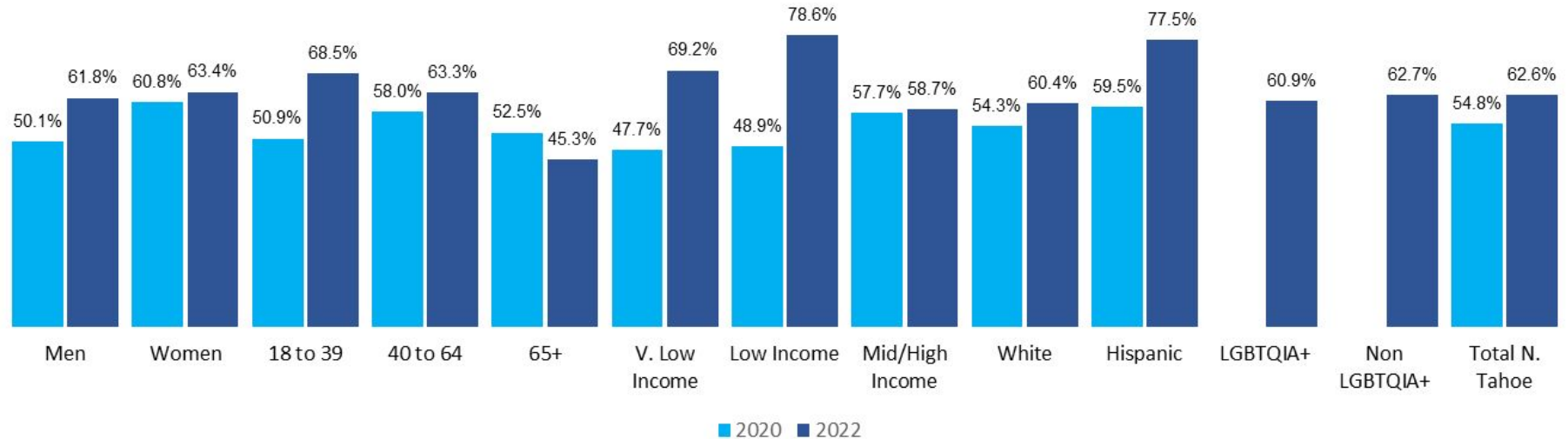


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 19]

Notes: • Asked of all respondents in North Tahoe.



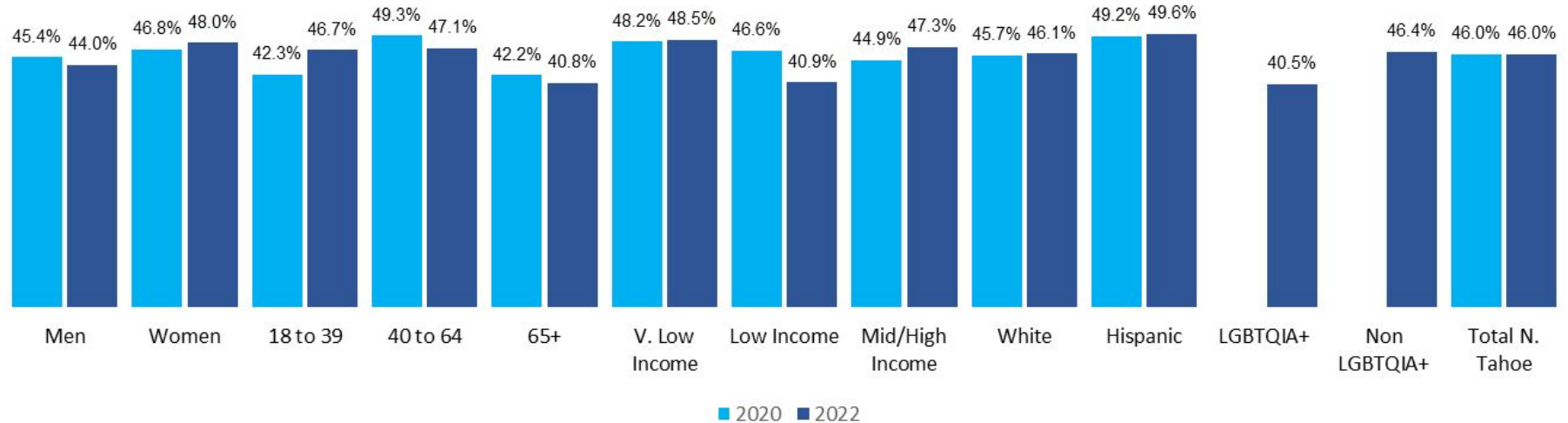
# COMMUNITY MEMBERS WITH THE LOWEST INCOME ARE BECOMING MORE AWARE OF MENTAL RESOURCES AT THE FASTEST RATE



**Aware of Providers, Programs, or Resources Available in this Community to Help People with Mental Health Needs**



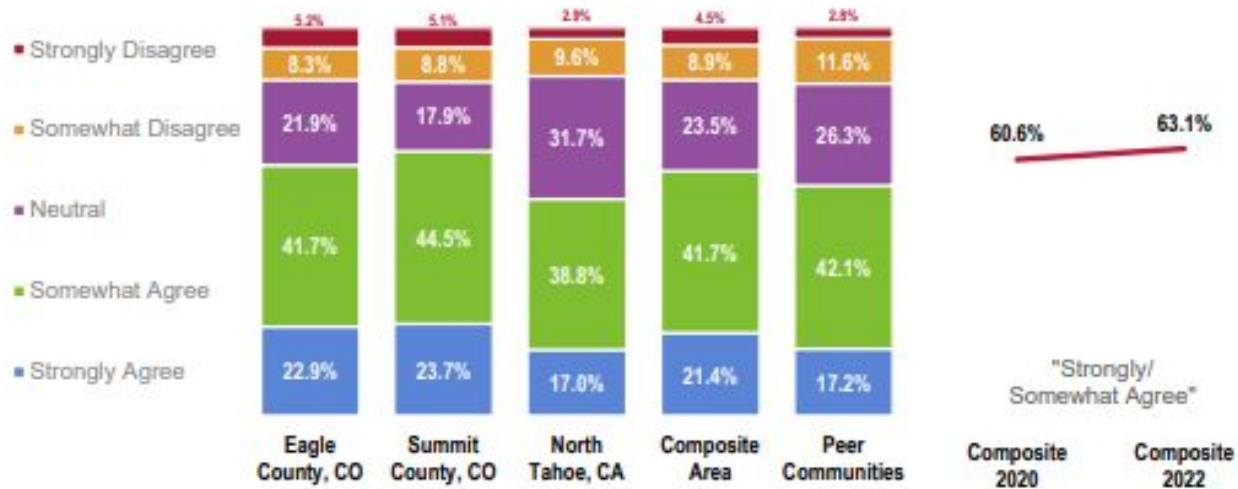
# YET IT STILL ISN'T EASY TO TALK ABOUT MENTAL HEALTH OR EMOTIONAL CHALLENGES



**Strongly/Somewhat Agree: "It Is Easy for Residents to Talk About Mental Health or Emotional Challenges"**

# CARING AND SYMPATHY TOWARD THOSE WITH MENTAL HEALTH ISSUES (2022)

"People in This Community Are Generally Caring and Sympathetic to People With Mental Illness" (2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 10]

Notes: • Asked of all respondents.

# CARING AND SYMPATHY TOWARD THOSE WITH MENTAL HEALTH ISSUES (NORTH TAHOE: 2022)

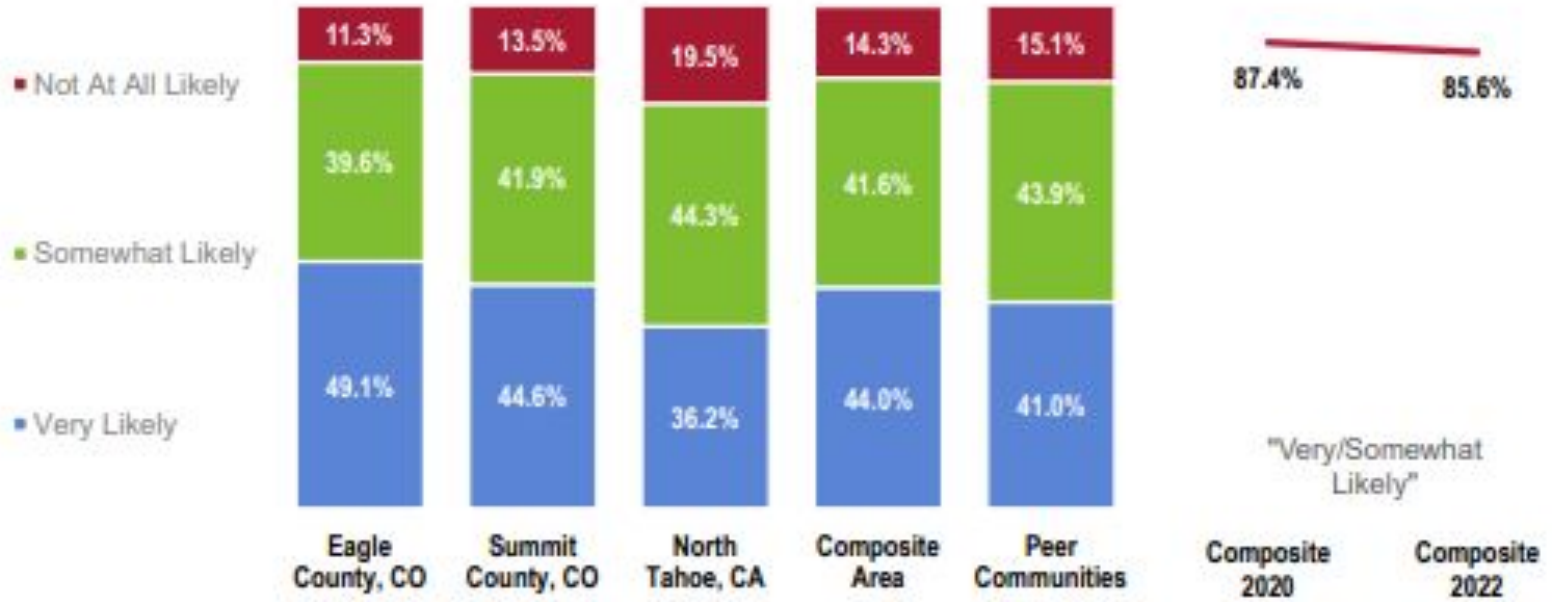
Strongly/Somewhat Agree: "People in This Community Are Generally Caring and Sympathetic to People With Mental Illness"  
(North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 10]

Notes: • Asked of all respondents in North Tahoe.

# LIKELIHOOD OF SEEKING MENTAL HEALTH SERVICES LOCALLY IF NEEDED IN THE FUTURE ( 2022)

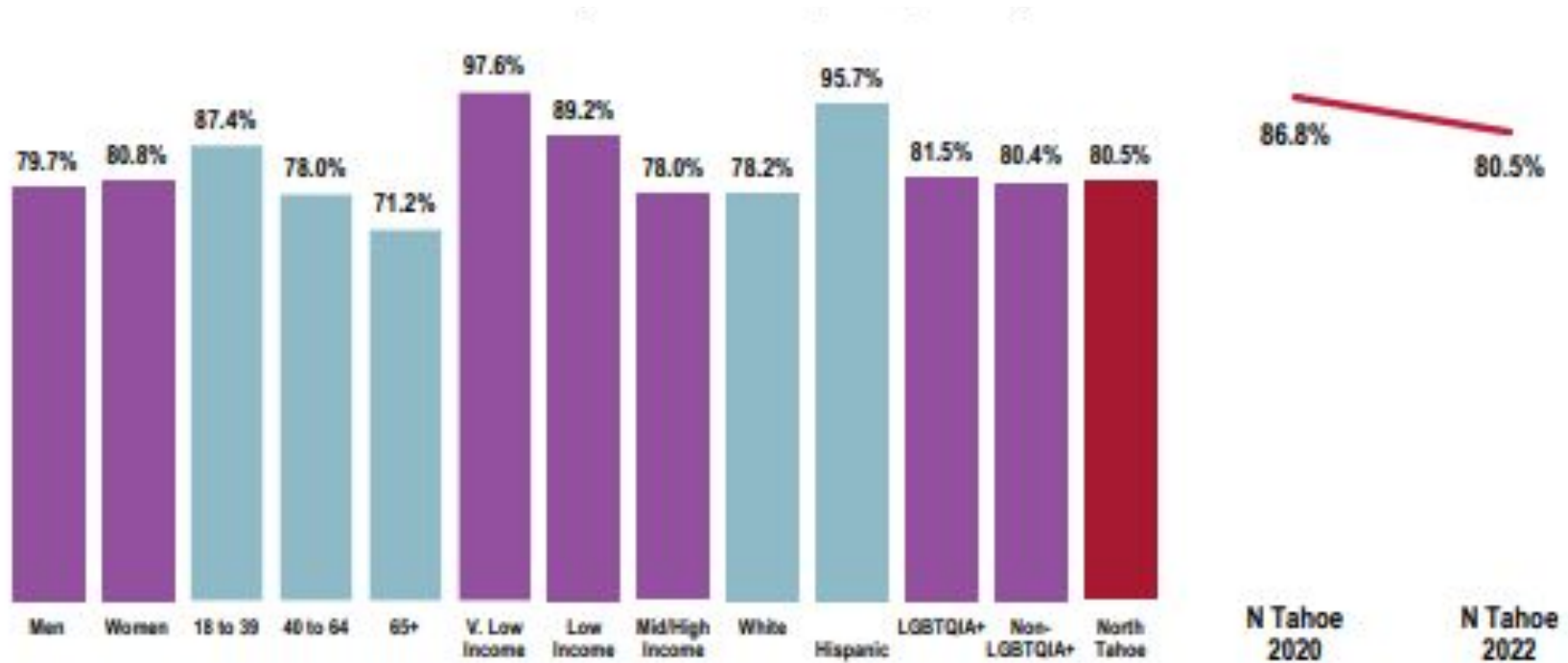


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]

Notes: • Asked of all respondents.



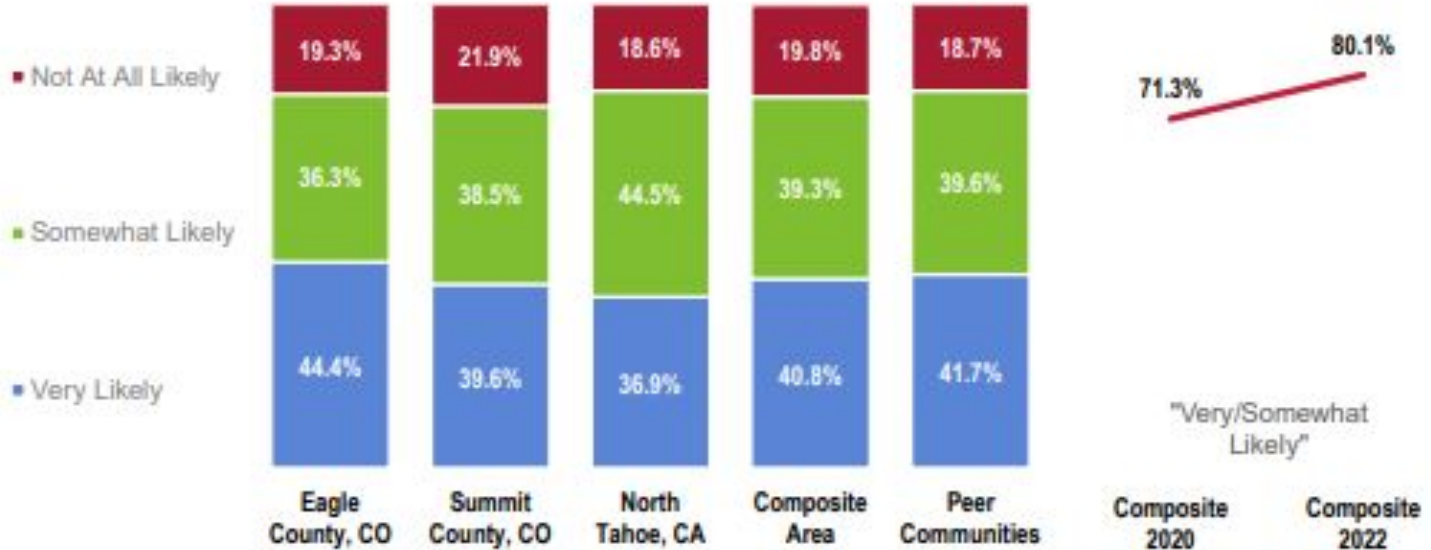
# LIKELIHOOD OF SEEKING MENTAL HEALTH SERVICES LOCALLY IF NEEDED IN THE FUTURE ( NORTH TAHOE: 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]

Notes: • Asked of all respondents in North Tahoe.

# LIKELIHOOD OF USING TELETHERAPY FOR MENTAL HEALTH OR SUBSTANCE ABUSE SUPPORT IF NEEDED AND IT WERE AFFORDABLE [ 2022]

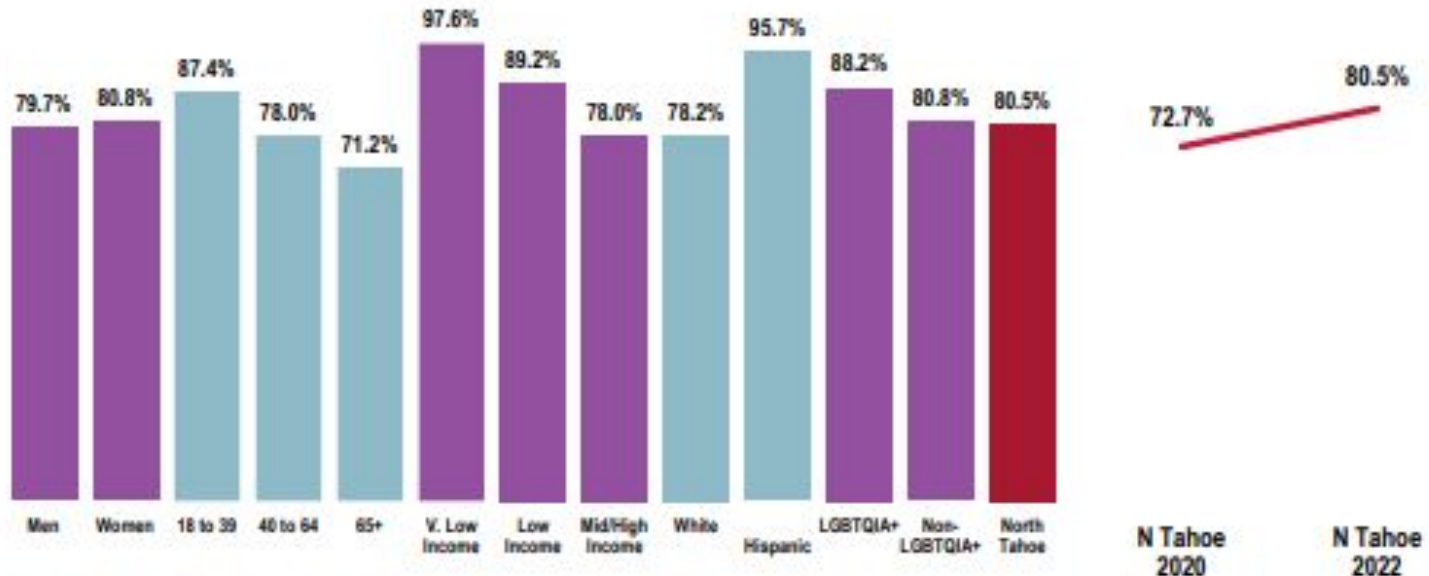


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 22]

Notes: • Asked of all respondents.

• During a teletherapy visit, a patient uses a computer or smartphone to communicate with a mental health professional in real time without being face to face.

# “VERY/SOMEWHAT” LIKELY TO USE TELETHERAPY FOR MENTAL HEALTH OR SUBSTANCE ABUSE SUPPORT ( NORTH TAHOE: 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]

Notes: • Asked of all respondents in North Tahoe.

• During a teletherapy visit, a patient uses a computer or smartphone to communicate with a mental health professional in real time without being face to face.

# Households With Youth With Mental or Emotional Challenges (North Tahoe)

Among all households in North Tahoe, 17.3% have a child or youth (up to age 24) who is experiencing mental or emotional challenges.

DISPARITY ► Higher among adults age 40 to 64, those living on very low incomes, and Hispanics.

## There Is a Child or Youth (Up to Age 24) in the Household Who Is Experiencing Mental or Emotional Challenges (North Tahoe, CA; 2022)

Note: Among all households, including those with and those without children or youth living at home.



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 307]  
Notes: • Asked of all respondents in North Tahoe.