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Anxiety & Depression INFO PART 1

Did You Know? <https://adaa.org/understanding-anxiety/facts-statistics>

- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.
- Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment.
- People with an anxiety disorder are three to five times more likely to go to the doctor and six times more likely to be hospitalized for psychiatric disorders than those who do not suffer from anxiety disorders.

MHA Screening Tool Data - collected between Jan. and Sept. 2020 from the online screening

<https://www.mhanational.org/number-people-reporting-anxiety-and-depression-nationwide-start-pandemic-hits-all-time-high>

- More than half a million people have reported signs of anxiety and/or depression, with Sept. reporting the highest rate of severity since the start of the pandemic. Anxiety screens were up by 634% from January and depression screens were up 873%.
- Rates of suicidal ideation are highest among youth, especially LGBTQ+ youth. In September 2020, over half of 11-17-year-olds reported having thoughts of suicide or self-harm more than half or nearly every day of the previous two weeks. From Jan. to Sept. 2020, nearly 78,000 youth reported experiencing frequent suicidal ideation, including nearly 28,000 LGBTQ+ youth.
- Between April and Sept., 70% of people reported that loneliness or isolation was the top contributing factor to mental health issues, followed by past trauma (46.1%) and relationship problems (42%).
- Youth – Indiana ranked 19 of 50 states Adult – Indiana ranked 26 of 50 states

TASK: Worksheet – Stress in My Life – Self-evaluation as a baseline

- AS a GROUP: Just share with those at your table 1 word that describes stress in your life
 What word do you find in 1 Corinthians 1:18-25 that most nearly describes our human way of thinking?
 (hint: 1Cor. 3:19) FOOLISHNESS.

Just how different do you think our thought process is from God's?

