

MENTAL HEALTH

in Rio Blanco County

Mental health is critical to each person's overall health and well-being. Leaders across the state are increasingly focusing on improving the mental health of Colorado's residents and communities.



ADULTS report their mental health was **"NOT GOOD"** for an average of **3 days** within the past 30 days.



ADULTS report an average of **2 days** in which their **POOR PHYSICAL or MENTAL HEALTH** had kept them from doing usual activities, such as **self-care, work, or recreation.**



Recent mental health data for ALL AGE GROUPS, especially youth 18 years of age or younger, are not available for Rio Blanco County.



CALL US

970-878-9520



VISIT

[HTTPS://WWW.RBC.US/282/PUBLIC-HEALTH](https://www.rbc.us/282/public-health)

YOUTH MENTAL HEALTH *in Colorado*

Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped usual activities.



MALE
22.3%



FEMALE
40.6%

15 OR YOUNGER	16 - 17	18 OR OLDER
29.4%	33%	33.4%

If you or someone you know needs support contact the:

COLORADO CRISIS TEXT LINE

text TALK to 38255

Every text conversation is **FREE, CONFIDENTIAL,** and available **24/7**