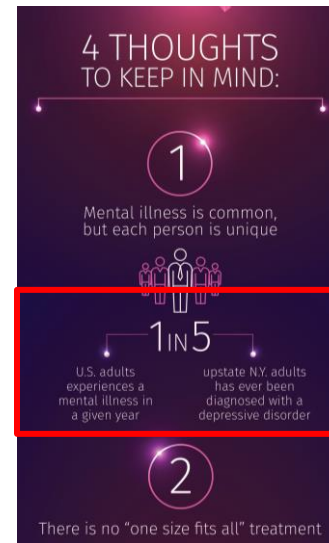


Empathy and Mental Illness: Bridging the Gap

Supplement to Corporate Communications Infographic

This supplement is intended to provide additional data and methods used to obtain information found in the mental illness infographic.

The red box indicates which part of the infographic that slide is referring to. →



[Centers for Disease Control and Prevention](#)

← Click on the underlined links for more information. They are hyperlinked to the source.

EMPATHY AND MENTAL ILLNESS: BRIDGING THE GAP

In upstate N.Y., more 2/3 OF ADULTS have had positive life events and symptoms of individuals with mental illness. However, more 1/2 OF ADULTS have had positive life events and symptoms of individuals with mental illness. You can bridge the empathy gap by being more empathetic towards those with mental illness.



4 THOUGHTS TO KEEP IN MIND:

1

Mental illness is common, but each person is unique



1 IN 5

U.S. adults experiences a mental illness in a given year
upstate N.Y. adults has ever been diagnosed with a depressive disorder

2

There is no "one size fits all" treatment



15%

of upstate N.Y. adults are aware of taking medication or receiving treatment for mental illness
Treatment varies, depending on the person, and can include medication, therapy or both

3

Treatment adherence is key



Mental illness is common among people with chronic illnesses like diabetes or heart disease
Mental illness can make it difficult to adhere to treatment for chronic conditions, raising complications and a lower quality of life

4

See the person, not the illness



Reframe our thoughts about mental illness - instead of blaming, passing judgment or shying away from a person, offer support.

TO LEARN MORE, FIND SUPPORT OR GET INVOLVED, VISIT NAMI.ORG

Background

Sixty percent of upstate New York adults feel that people are caring and sympathetic to those who suffer from a mental illness. However, people suffering from a depressive disorder have a less rosy view, with only 46 percent of them believing that there is empathy for people with mental illness. This empathy gap reflects the myths and stigma surrounding mental illness, which can cause affected persons to delay treatment and have a poorer quality of life. The purpose of this report is to offer strategies to bridge that empathy gap and promote open and honest conversations about mental health in our community.

In upstate N.Y., nearly 2/3 OF ADULTS feel that people are caring and sympathetic to individuals with mental illness. However, less than 1/2 OF ADULTS who have a depressive disorder believe there is empathy for people with mental health issues. You can bridge the empathy gap by having open and honest conversations about mental illness.



4 THOUGHTS TO KEEP IN MIND:

1

Mental illness is common, but each person is unique



1 in 5

U.S. adults experience a mental illness in a given year. Upstate N.Y. adults has ever been diagnosed with a depressive disorder.

2

There is no "one size fits all" treatment

<1/2

U.S. adults with a mental health condition received treatment last year

4 in 5

upstate N.Y. adults agree that treatment can help people with mental illness

15%

of upstate N.Y. adults are currently taking medication or receiving treatment for mental illness

Treatment varies, depending on the person, and can include medication, therapy or both

3

Treatment adherence is key

Encourage people with mental illness to seek and adhere to treatment

Those receiving care should talk with their doctor about concerns and consider medication reminders like pillboxes and alarms

Mental illness is common among people with chronic illnesses like diabetes or heart disease

Mental illness can make it difficult to adhere to treatment for chronic conditions, raising complications and a lower quality of life

4

See the person, not the illness

"We will get through this together"

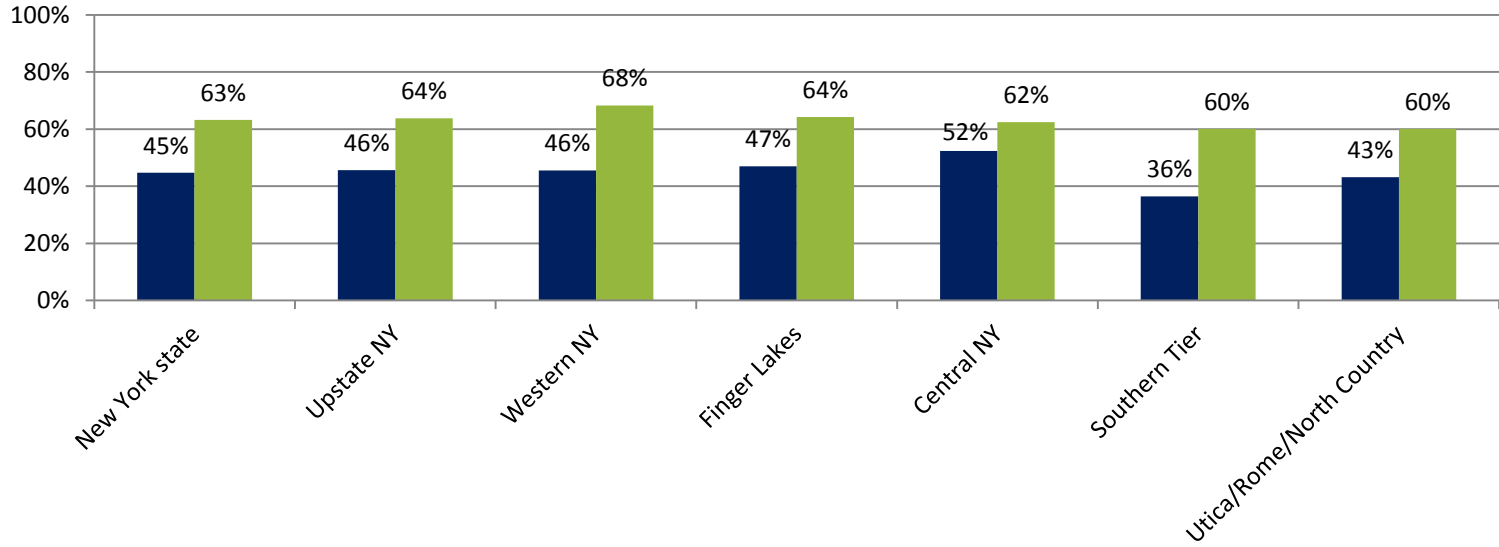
"I'm here for you"

Reframe our thoughts about mental illness - instead of blaming, passing judgment or shying away from a person, offer support

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Agree strongly or slightly:
People are generally caring and sympathetic to people with mental illness

■ Among adults with depressive disorder ■ Among adults without depressive disorder



Source: Centers for Disease Control and Prevention – Behavioral Risk Factor Surveillance System, 2015



Sources:

- National Alliance on Mental Illness – [Prevalence of Mental Illness](#)
 - About 1 in 5 U.S. adults experiences a mental illness in a given year
- Centers for Disease Control and Prevention – Behavioral Risk Factor Surveillance System, [2015](#)
 - 1 in 5 upstate N.Y. adults has ever been diagnosed with a depressive disorder

EMPATHY AND MENTAL ILLNESS: BRIDGING THE GAP

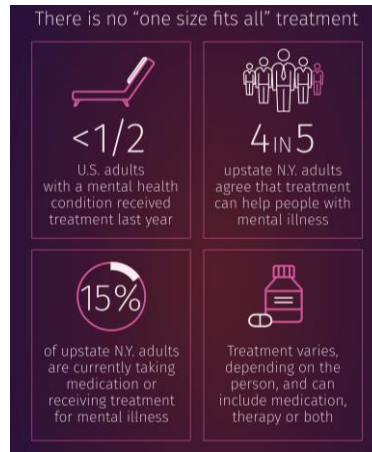
10 MILLION U.S. ADULTS experience 27% OF ADULTS live their lives with mental illness. However, only 1/2 OF ADULTS with a mental health condition received treatment last year. U.S. adults with a mental health condition received treatment last year.

4 THOUGHTS TO KEEP IN MIND:

- 1 Mental illness is common.
 - 1 IN 5 U.S. adults experiences a mental illness in a given year.
 - upstate N.Y. adults has ever been diagnosed with a depressive disorder.
- 2 There is no "one size fits all" treatment.
 - <1/2 U.S. adults with a mental health condition received treatment last year.
 - 4 IN 5 upstate N.Y. adults report that treatment can help people with mental illness.
 - 15% of upstate N.Y. adults are currently taking medication or receiving treatment for mental illness.
 - Treatment varies, depending on the person, and can include medication, therapy or both.
- 3 Treatment adherence is key.
 - Encourage people with mental illness to seek and adhere to treatment.
 - Those receiving care should talk with their doctor about concerns and consider medication reminders like pillboxes and alarms.
 - Mental illness is common among people with chronic illnesses like diabetes or heart disease.
 - Mental illness can make it difficult to adhere to treatment for chronic conditions, raising complications and a lower quality of life.
- 4 See the person, not the illness.
 - "We will get through this together!"
 - "I'm here for you!"
 - Reframe our thoughts about mental illness – instead of blaming, passing judgment or shying away from a person, offer support.

TO LEARN MORE, FIND SUPPORT OR GET INVOLVED, VISIT [NAMI.ORG](#)

univera HEALTHCARE



Sources:

- Mental Health.gov - [Mental Health Myths and Facts](#)
 - Less than half of adults with a mental health condition received services last year
 - Treatment varies, depending on the person, and can include medication, therapy or both
- National Alliance on Mental Illness - [Mental Health by the Numbers](#)
 - Less than half of adults with a mental health condition received services last year
- Centers for Disease Control and Prevention – Behavioral Risk Factor Surveillance System, [2015](#)
 - 15% of upstate N.Y. adults are currently taking medication or receiving treatment for mental illness
 - 4 out of 5 upstate N.Y. adults agree that treatment can help people with mental illness

EMPATHY AND MENTAL ILLNESS: BRIDGING THE GAP

In upstate N.Y., more 2/3 OF ADULTS have had previous or current symptoms or diagnosis with mental illness. However, fewer than 1/2 OF ADULTS with a mental health condition received treatment last year. We can bridge the empathy gap to help people with mental illness.



4 THOUGHTS TO KEEP IN MIND:

- 1**

Mental illness is common, but each person is unique



1 IN 5

U.S. adults experience a mental illness in a given year

upstate N.Y. adults has ever been diagnosed with a depressive disorder
- 2**

There is no "one size fits all" treatment

 <p><1/2</p> <p>U.S. adults with a mental health condition received treatment last year</p>	 <p>4 IN 5</p> <p>upstate N.Y. adults agree that treatment can help people with mental illness</p>
 <p>15%</p> <p>of upstate N.Y. adults are currently taking medication or receiving treatment for mental illness</p>	 <p>Treatment varies, depending on the person, and can include medication, therapy or both</p>
- 3**

Treatment adherence is key

 <p>Encourage people with mental illness to seek and adhere to treatment</p>	 <p>5MTHETS</p> <p>Those receiving care should talk with their doctor about concerns and consider medication reminders like pillboxes and alarms</p>
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Mental illness is common among people with chronic diseases like diabetes or heart disease

Mental illness can make it difficult to adhere to treatment for chronic conditions, raising complications and a lower quality of life
- 4**

See the person, not the illness


"We will get through this together"

"I'm here for you"


Reframe our thoughts about mental illness – instead of blaming, passing judgment or shying away from a person, offer support

TO LEARN MORE, FIND SUPPORT OR GET INVOLVED, VISIT [NAMI.ORG](#)

Treatment adherence is key



Encourage people with mental illness to seek and adhere to treatment




Those receiving care should talk with their doctor about concerns and consider medication reminders like pillboxes and alarms

Sources:

- Mental Health.gov - [Mental Health Myths and Facts](#)
 - Encourage people with mental illness to seek and adhere to treatment
- U.S. Food and Drug Administration - [Are You Taking Medication as Prescribed?](#)
 - Those receiving care should talk with their doctor about concerns and consider medication reminders like pillboxes and alarms

EMPATHY AND MENTAL ILLNESS: BRIDGING THE GAP


In addition to seeing 2/3 OF ADULTS have their physical care needs and symptoms for individuals with mental illness, however, nearly 1/2 OF ADULTS with a mental illness do not receive needed physical care. We can bridge the empathy gap by helping someone bridge the physical care gap.



4 THOUGHTS TO KEEP IN MIND:

- #### 1


Mental illness is common, but each person is unique




1 in 5

U.S. adults experience a mental illness in a given year. Update: NY adults have ever been diagnosed with a depressive disorder.
- #### 2


There is no "one size fits all" treatment




<1/2
U.S. adults with a mental health condition received treatment last year



4 in 5
update: NY adults agree that treatment can help people with mental illness




15%
of update: NY adults are currently taking medication or receiving treatment for mental illness




Treatment varies, depending on the person, and can include medication, therapy or both
- #### 3

Treatment adherence is key



Encourage people with mental illness to seek and adhere to treatment



Those receiving care should talk with their doctor about concerns and consider medication reminders like pillboxes and alarms
- #### 4


See the person, not the illness

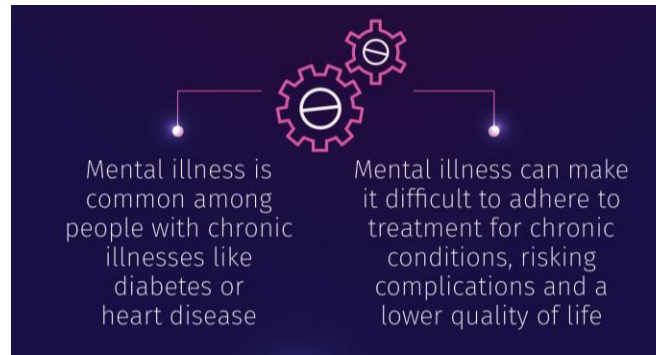
"We will get through this together"

"I'm here for you"

Reframe our thoughts about mental illness - instead of blaming, passing judgment or shying away from a person, offer support.

TO LEARN MORE, FIND SUPPORT OR GET INVOLVED, VISIT [NAMI.ORG](#)





Sources:

- Canadian Mental Health Association - [The relationship between mental health, mental illness and chronic physical conditions](#)
 - Mental illness is common among people with chronic illnesses like diabetes or heart disease. Suffering from a mental illness can make it harder to adhere to treatment for chronic conditions, risking complications and a lower quality of life
- According to [NAMI](#) and [NIMH](#) individuals living with serious mental illness face an increased risk of having chronic medical conditions

EMPATHY AND MENTAL ILLNESS: BRIDGING THE GAP

In addition to seeing 2/3 OF ADULTS living with mental illness, research shows that 1/2 OF ADULTS with mental illness experience chronic health issues. We can bridge the empathy gap by having meaningful conversations about mental illness.

4 THOUGHTS TO KEEP IN MIND:

- 1

Mental illness is common, but each person is unique

1 IN 5

U.S. adults experience a mental illness in a given year

update NY adults has ever been diagnosed with a depressive disorder
- 2

There is no "one size fits all" treatment

<1/2

U.S. adults with a mental health condition received treatment last year

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update NY adults agree that treatment can help people with mental illness

15%

of update NY adults are currently taking medication or receiving treatment for mental illness

Treatment varies, depending on the person, and can include medication, therapy or both
- 3

Treatment adherence is key

Encourage people with mental illness to seek and adhere to treatment

5 MINUTES

Those receiving care should talk with their doctor about concerns and consider medication reminders like pillboxes and alarms
- 4

See the person, not the illness

"We will get through this together"

"I'm here for you"

Reframe our thoughts about mental illness - instead of blaming, passing judgment or shying away from a person, offer support

TO LEARN MORE, FIND SUPPORT OR GET INVOLVED, VISIT [NAMI.ORG](#)

See the person, not the illness

“We will get through this together”

“I’m here for you”

Reframe our thoughts about mental illness – instead of blaming, passing judgment or shying away from a person, offer support

Sources:

- Centers for Disease Control and Prevention - [Stigma and Mental Illness](#)
- National Alliance on Mental Illness - [9 Ways to Fight Mental Health Stigma](#)

EMPATHY AND MENTAL ILLNESS: BRIDGING THE GAP

In addition to seeing 2/3 OF ADULTS have their voices and feelings and symptoms of individuals with mental illness, however, nearly 1/2 OF ADULTS with a mental illness believe that others will not understand their needs. We can bridge the empathy gap by being intentional to understand their lived experience.



4 THOUGHTS TO KEEP IN MIND:

1

Mental illness is common, but each person is unique



1 IN 5

U.S. adults experience a mental illness in a given year. Update NY adults: 1 in 5 has ever been diagnosed with a depressive disorder.

2

There is no “one size fits all” treatment



<1/2 U.S. adults with a mental health condition received treatment last year.



4 IN 5 Update NY adults: 4 in 5 agree that treatment can help people with mental illness.



15% of Update NY adults are currently taking medication or receiving treatment for mental illness.



Treatment varies, depending on the person, and can include medication, therapy or both.

3

Treatment adherence is key



Encourage people with mental illness to seek and adhere to treatment.



Those receiving care should talk with their doctor about concerns and consider medication reminders like pillboxes and alarms.



Mental illness is common among people with chronic illnesses like diabetes or heart disease.



Mental illness can make it difficult to adhere to treatment for chronic conditions, raising complications and a lower quality of life.

4

See the person, not the illness

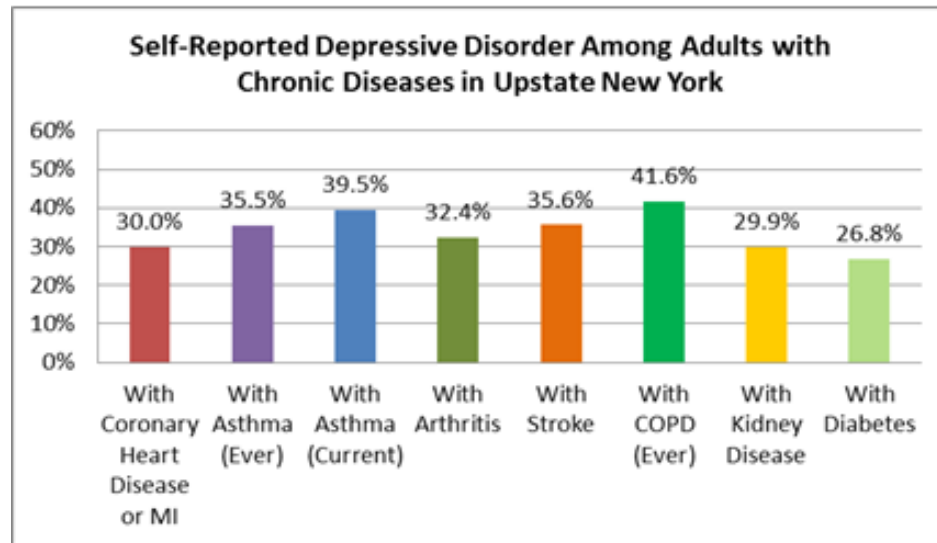


Reframe our thoughts about mental illness – instead of blaming, passing judgment or shying away from a person, offer support.

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Additional data

- In upstate New York, self-reported depressive disorder is higher among adults who also report having chronic diseases including coronary heart disease, asthma, arthritis, stroke, COPD, kidney disease and diabetes
 - Source: Centers for Disease Control and Prevention – Behavioral Risk Factor Surveillance System, [2015](#)



Source: Centers for Disease Control and Prevention – Behavioral Risk Factor Surveillance System, [2015](#)