

MENTAL HEALTH IS HEALTH

People who have mental illness **NEED CARE** just like someone with a broken bone or cancer. [Find out more](#)



Minnesotans face mental illness each year

Getting the right care at the right time not only helps individuals and families, it **SAVES MONEY**

[Find out more](#)



people live with a serious mental illness, such as schizophrenia or bipolar disorder



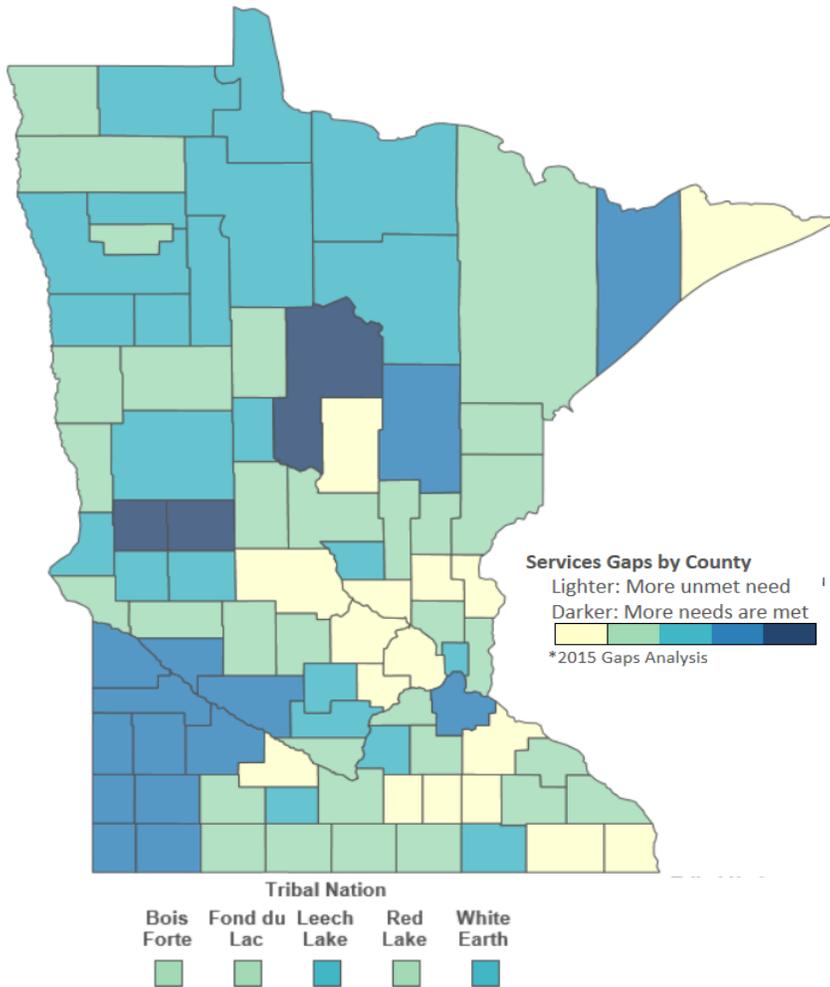
young people experienced a period of major depression



shorter lifespan for people with serious mental illness

At DHS, we work to integrate mental, chemical and physical health care, promote successful treatments and serve people close to their families and communities.

IN MINNESOTA:



PEOPLE WITH MENTAL ILLNESS CAN AND DO RECOVER

Studies show that people with mental health problems get better and many recover completely. There are more treatments, services and community support systems than ever before, and they work. [More information](#)

WE NEED A RANGE OF SERVICES

People need to receive the most appropriate care, be served in their own communities, and not be referred to more intensive—and more costly—care than required. [More information](#)

THERE ARE GAPS ACROSS THE STATE

While much progress has been made in the past few years, most areas of the state do not have the range of services needed to meet the need. As a result, people travel long distances or receive an inappropriate level of care. [More information](#)

FOR EVERY DOLLAR INVESTED IN THESE SERVICES, MINNESOTA SAVES:

Mobile crisis response \$3.90	Certified peer specialists \$3.60
Cognitive behavioral therapy – anxiety \$66.00	Cognitive behavioral therapy – depression \$36.40

TREATMENT IS COST EFFECTIVE

The right care at the right time reduces ER visits and hospitalizations, job loss, involvement in the criminal justice system or premature death. [More information](#)

mn.gov/dhs/mental-health

References:

- 1:5, 1:10, 1:25... from <https://www.mentalhealth.gov/basics/myths-facts/>
- People can and do recover... from <https://www.mentalhealth.gov/basics/myths-facts/>
- Unevenly distributed... Minnesota Department of Human Services: <https://mn.gov/dhs/partners-and-providers/news-initiatives-reports-workgroups/adult-mental-health/adult-mental-health-dashboard/> http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=DHS16_179792
- Treatment is cost effective; Cost savings statistics... <https://mn.gov/mmb/results-first/adult-mental-health/#header>

Mental Health Division, Department of Human Services

651-431-2225

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កំណត់សំគាល់ ។ បើអ្នកត្រូវការការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរស័ព្ទតាមលេខខាងលើ ។

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