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# MENTAL HEALTH

Mental health is an essential component to emotional, psychological, and social well-being. It affects every aspect of life, from how people feel and behave to how people handle stress and relate to others. Beyond the individual, overall community supports and preservation of cultural assets greatly promote individual mental health. Poor mental health and mental health conditions interfere with a person's thoughts, mood, behaviors, and ability to function, and those with untreated concerns are at higher risk of negative health outcomes.



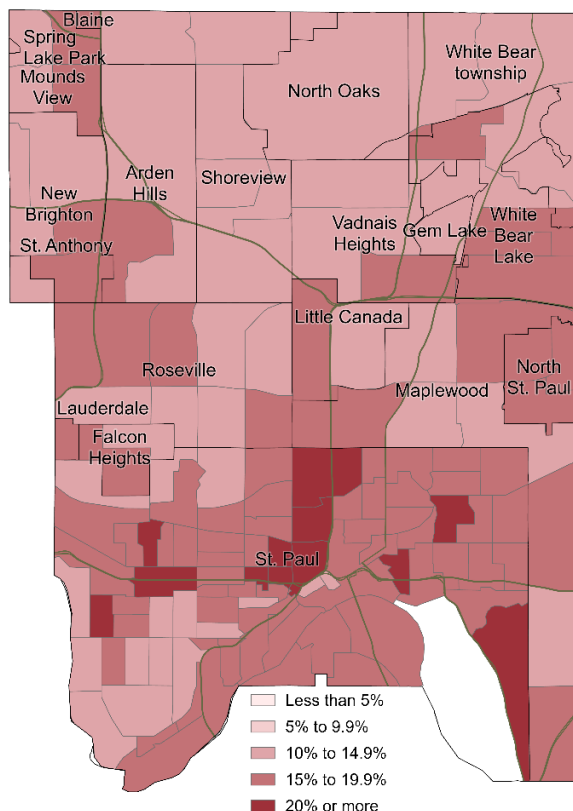
# Mental distress

## Risk Factors

Risk factors for poor mental health include stress, social isolation and lack of social support, housing instability, low socioeconomic status, racism, and substance misuse.<sup>4, 40, 12, 7, 162, 172</sup>

- Throughout Ramsey County census tracts, the percentage of adults who report frequent mental distress (i.e., 14 or more days during the past 30 days) is at least 10%, with higher percentages in census tracts closer to downtown Saint Paul.

### 1. Frequent mental distress among adults, Ramsey County, 2022

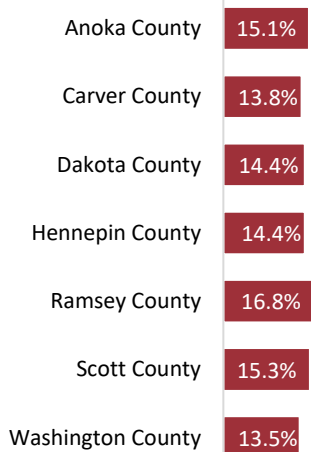


Source: Centers for Disease Control and Prevention.<sup>32</sup>

Note: Data are age-adjusted.

- Frequent mental distress is more common among adults in Ramsey County compared to other metro-area counties.

### 2. Frequent mental distress among adults by metro-area county, 2022



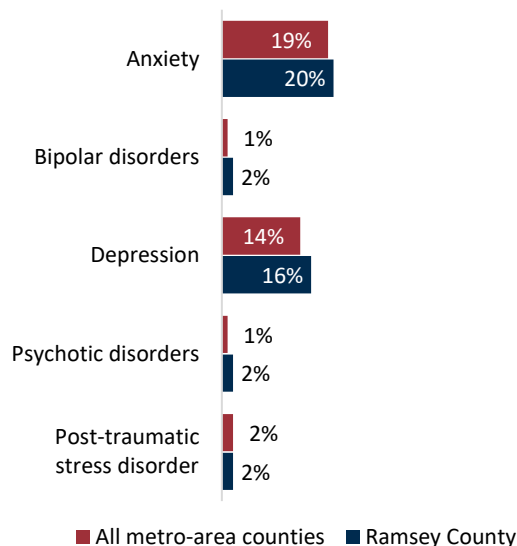
Source: Centers for Disease Control and Prevention.<sup>32</sup>

Note: Data are age-adjusted.

# Mental health diagnoses

- Anxiety is the most common mental health diagnosis among Ramsey County residents, followed by depression. These rates are slightly higher than other metro-area counties.

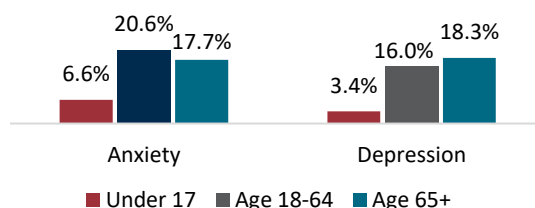
## 3. Mental health diagnoses, 2023



Source: Minnesota Electronic Health Records Consortium.<sup>132</sup>  
 Note: Visit the Health Trends Across Communities in Minnesota dashboard for condition definitions.

- For youth under age 17 in Ramsey County, anxiety is the most common diagnosis, followed by depression.
- For adults age 18-64, anxiety is the most common diagnosis, followed by depression. Adults in this age group have the highest rates of anxiety and bipolar, psychotic, and post-trauma stress disorders compared to other age groups.
- For adults age 65 and older, depression is the most common diagnosis, followed by anxiety. They also have the highest rate of depression compared to the other age groups.

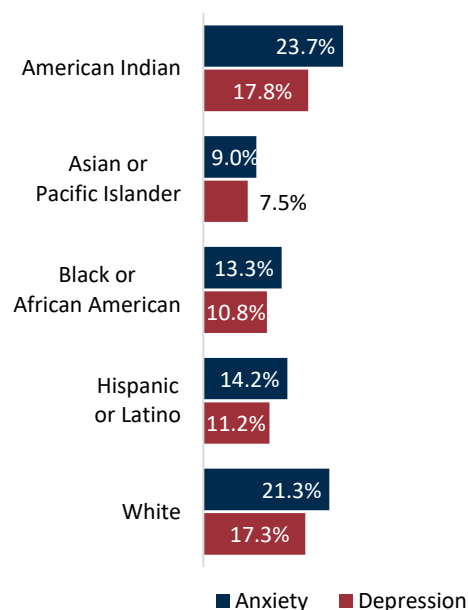
## 4. Anxiety and depression by age, Ramsey County, 2020-2023



Source: Minnesota Electronic Health Records Consortium.<sup>132</sup>  
 Note: Visit the Health Trends Across Communities in Minnesota dashboard for condition definitions.

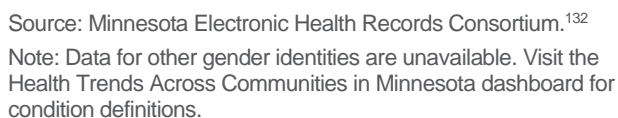
- Among Ramsey County residents, a higher percentage of American Indian and white people have been diagnosed with anxiety and depression compared to other racial/ethnic groups.

## 5. Anxiety and depression by race/ethnicity, Ramsey County, 2020-2023



Source: Minnesota Electronic Health Records Consortium.<sup>132</sup>  
 Note: Visit the Health Trends Across Communities in Minnesota dashboard for condition definitions.

- ## 6. Mental health diagnoses by gender, Ramsey County, 2020-2023



Ramsey County emergency services respond to a wide range of situations, including people experiencing crises and people attempting suicide.

- In 2023, the rates of crisis and suicide calls or incidents by population in Ramsey County were highest in Roseville and Maplewood.

Map of St. Paul, Minnesota, showing the rate per 10,000 population by census tract for the year 2000. The map uses a color scale from light pink to dark red to represent different rate ranges. Census tracts are labeled with names such as Blaine, Spring Lake Park, North Oaks, Arden Hills, Shoreview, New Brighton, St. Anthony, Vadnais Heights, White Bear Lake, White Bear township, Gem Lake, Roseville, Little Canada, Maplewood, North St. Paul, Falcon Heights, and St. Paul. A legend at the bottom indicates the rate per 10,000 for five categories: 7.0 - 24.0, 24.1 - 48.0, 48.1 - 72.0, 72.1 - 96.0, and 96.1 - 120.0.

Rate per 10,000
7.0 - 24.0
24.1 - 48.0
48.1 - 72.0
72.1 - 96.0
96.1 - 120.0

## Social connection and isolation

Social connection is critical to promoting strong mental health and well being. Conversely, social isolation and loneliness negatively impact health in multiple ways, contributing to depression, stress, anxiety, poor sleep, cognitive and executive functioning impairment, and negative physical health consequences.<sup>147</sup>

- In 2022, about a quarter of Ramsey County adults reported a lack of social and emotional support, and more than a third reported social isolation.

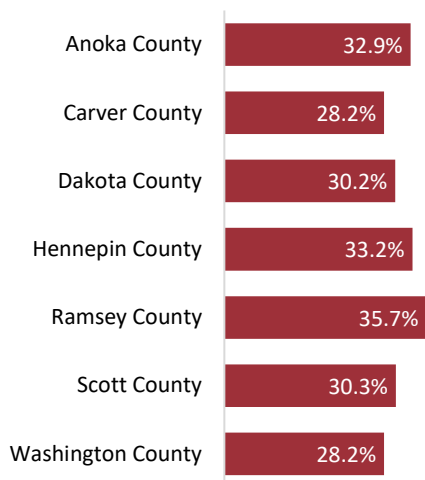
Anoka County	22.8%
Carver County	19.1%
Dakota County	19.8%
Hennepin County	24.5%
Ramsey County	24.8%
Scott County	23.1%
Washington County	19.0%

Source: Centers for Disease Control and Prevention.<sup>32</sup>  
Note: Data are age-adjusted.

- Compared to other metro-area counties, the proportion of the adult population that feels socially isolated and lacks social and emotional support is highest in Ramsey County, followed by Hennepin County.



## 9. Social isolation among adults by metro-area county, 2022

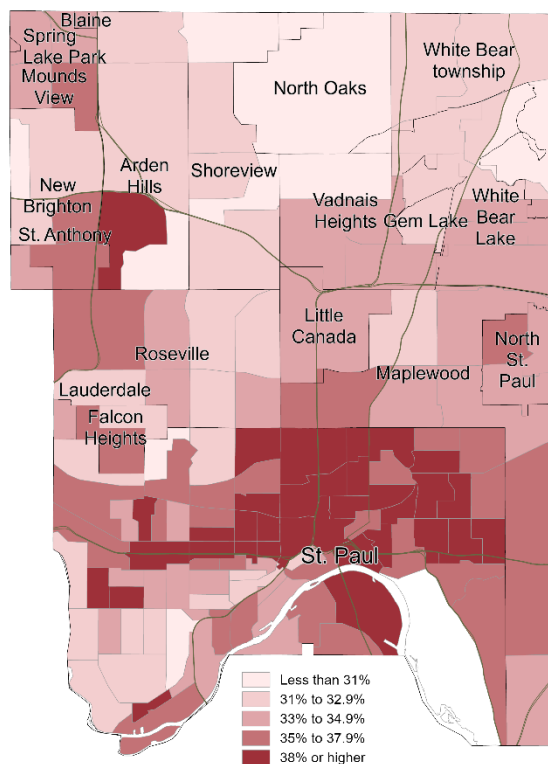


Source: Centers for Disease Control and Prevention.<sup>32</sup>

Note: Data are age-adjusted.

- Social isolation is more common among adults closer to downtown Saint Paul.

## 10. Social isolation among adults, Ramsey County, 2022



Source: Centers for Disease Control and Prevention.<sup>32</sup>

Note: Data are age-adjusted.

## Self-harm

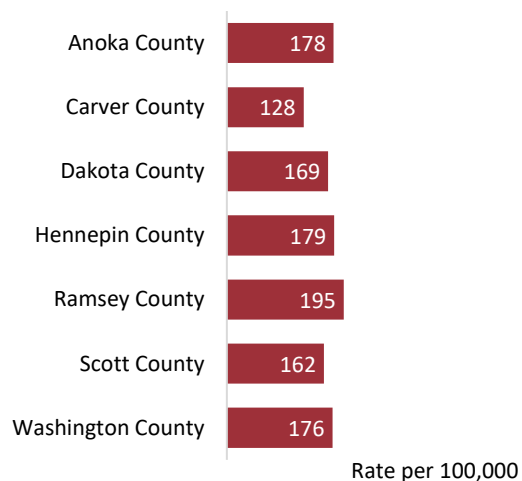


### Risk Factors

Self-harm is more common among people who are younger, have a history of abuse or adverse childhood experiences, live in an unstable family environment, lack healthy relationships, and people who have mental health concerns or a history of substance misuse.<sup>87</sup>

- In 2023, Ramsey County had the highest hospitalization rate for intentional self-harm injuries compared to other metro-area counties.

## 11. Hospital visits for intentional self-harm injuries by metro-area county, 2023

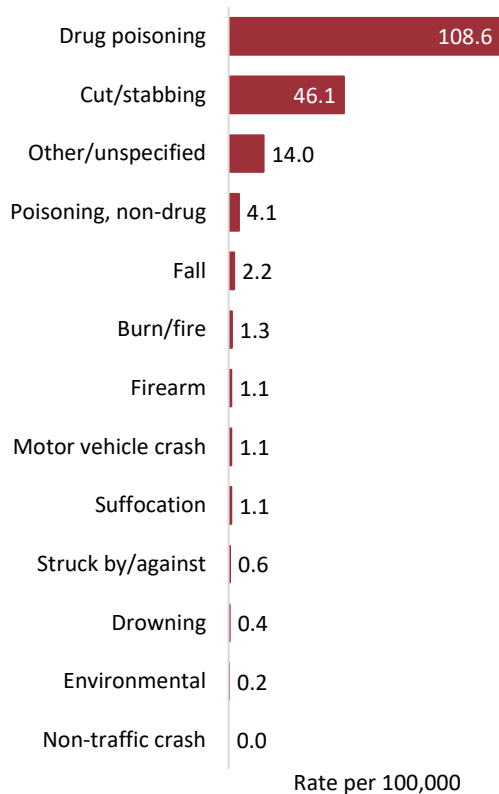


Source: Minnesota Department of Health.<sup>96</sup>

Note: Rates are age-adjusted.

- The most common cause of self-harm injuries leading to a hospital visit in Ramsey County is drug poisoning, followed by cutting or stabbing.

## 12. Hospital visits for intentional self-harm injuries by cause, Ramsey County, 2023



Source: Minnesota Department of Health.<sup>96</sup>

Note: Only crude rates are reported because age-adjusted rates were unavailable.

## Suicide and suicidal ideation

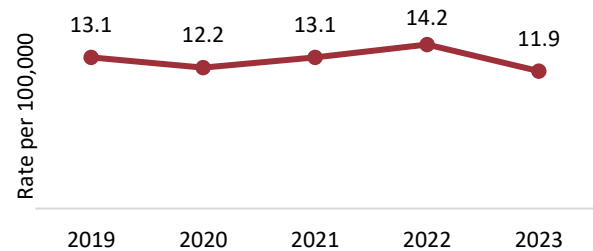
### ! Risk Factors

Suicide and suicidal ideation are more common among people who have mental health concerns or a history of substance misuse, have experienced discrimination, a history of criminal or legal systems involvement, serious illness, a history of violence, or a history of abuse or adverse childhood experiences. They are also more common among people who are unemployed or under-employed, lack healthy relationships, or are impacted by intergenerational trauma.<sup>33</sup>

Additionally, while higher rates of women engage in nonfatal suicidal behavior (e.g., suicidal ideation, attempts), men have higher rates of fatal suicide attempts due to the use of more lethal means.<sup>14, 10</sup>

- Suicide completion rates in Ramsey County increased between 2019 and 2022 and declined between 2022 and 2023.

## 13. Suicide completions, Ramsey County

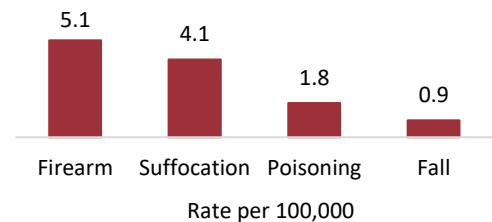


Source: Centers for Disease Control and Prevention.<sup>39</sup>

Note: Only crude rates are reported because age-adjusted rates were unavailable.

- Firearms are the most commonly used suicide means in Ramsey County, followed by suffocation and poisoning.

## 14. Suicide completion rates by means, Ramsey County, 2019-2023

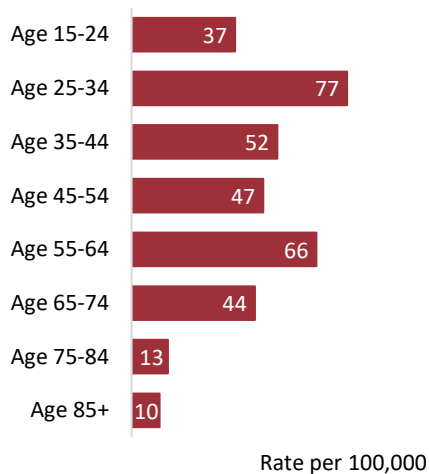


Source: Centers for Disease Control and Prevention.<sup>39</sup>

Note: Only crude rates are reported because age-adjusted rates were unavailable.

- Suicides in Ramsey County occur most often among people age 25-34, followed by people age 55-64. They occur least often among people under age 15, age 85+, and age 75-84.

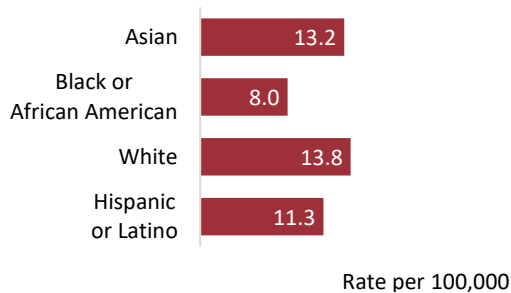
### 15. Number of suicide completions by age, Ramsey County, 2019-2023



Source: Centers for Disease Control and Prevention.<sup>39</sup>  
 Note: The exact count for ages under 15 is suppressed.

- The suicide rate in Ramsey County is highest for white residents, followed by Asian and Hispanic or Latino residents.
- The suicide rates for Asian and Hispanic or Latino residents in Ramsey County are higher than the statewide rates.

### 16. Suicide completion rates by race/ethnicity, Ramsey County, 2019-2023



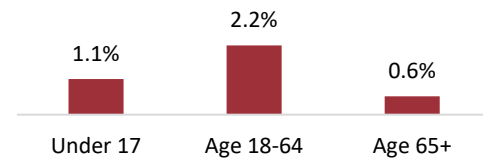
Source: Centers for Disease Control and Prevention.<sup>39</sup>  
 Note: Data for American Indian or Alaska Native and multiracial people in Ramsey County are suppressed due to low counts.

- The suicide completion rate for males in Ramsey County is much higher than the rate for females.

## Suicidal ideations or attempts

- Among people who received medical services in Ramsey County between 2020 and 2023, suicidal ideation or attempts are most common among people age 18-64, followed by people under 17.

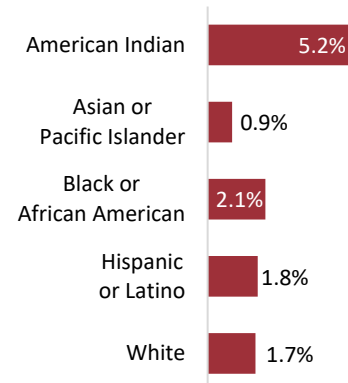
### 17. Suicidal ideation or attempt by age, Ramsey County, 2020-2023



Source: Minnesota Electronic Health Records Consortium.<sup>132</sup>  
 Note: Visit the Health Trends Across Communities in Minnesota dashboard for definitions.

- The percentage of people diagnosed with suicidal ideation or attempt is highest among American Indian people, followed by Black or African American people.

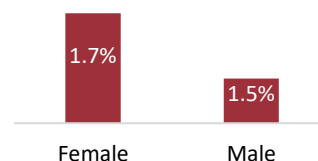
### 18. Suicidal ideation or attempt by race/ethnicity, Ramsey County, 2020-2023



Source: Minnesota Electronic Health Records Consortium.<sup>132</sup>  
 Note: Visit the Health Trends Across Communities in Minnesota dashboard for how definitions.

- The percentage of people reporting suicidal ideation or attempt is higher among females compared to males.

### 19. Suicidal ideation or attempt by gender, Ramsey County, 2020-2023



Source: Minnesota Electronic Health Records Consortium.<sup>132</sup>  
 Note: Data for other gender identities are unavailable. Visit the Health Trends Across Communities in Minnesota dashboard for definitions.

