



SNAPSHOT

November 15, 2023

Louisiana's Mental Health

Mental illnesses and other mental health problems have worsened in Louisiana and across the nation in recent years, according to federal data tracking the issue. COVID-19 only compounded the problem, causing social isolation, anxiety and financial hardship.

Mental health treatment in Louisiana is administered by independent health care entities. These entities run behavioral health clinics that treat children and adults with serious mental illnesses or emotional disturbances. Louisiana's Office of Behavioral Health regulates mental health treatment provided by these independent health care entities and oversees two psychiatric hospitals in the state.

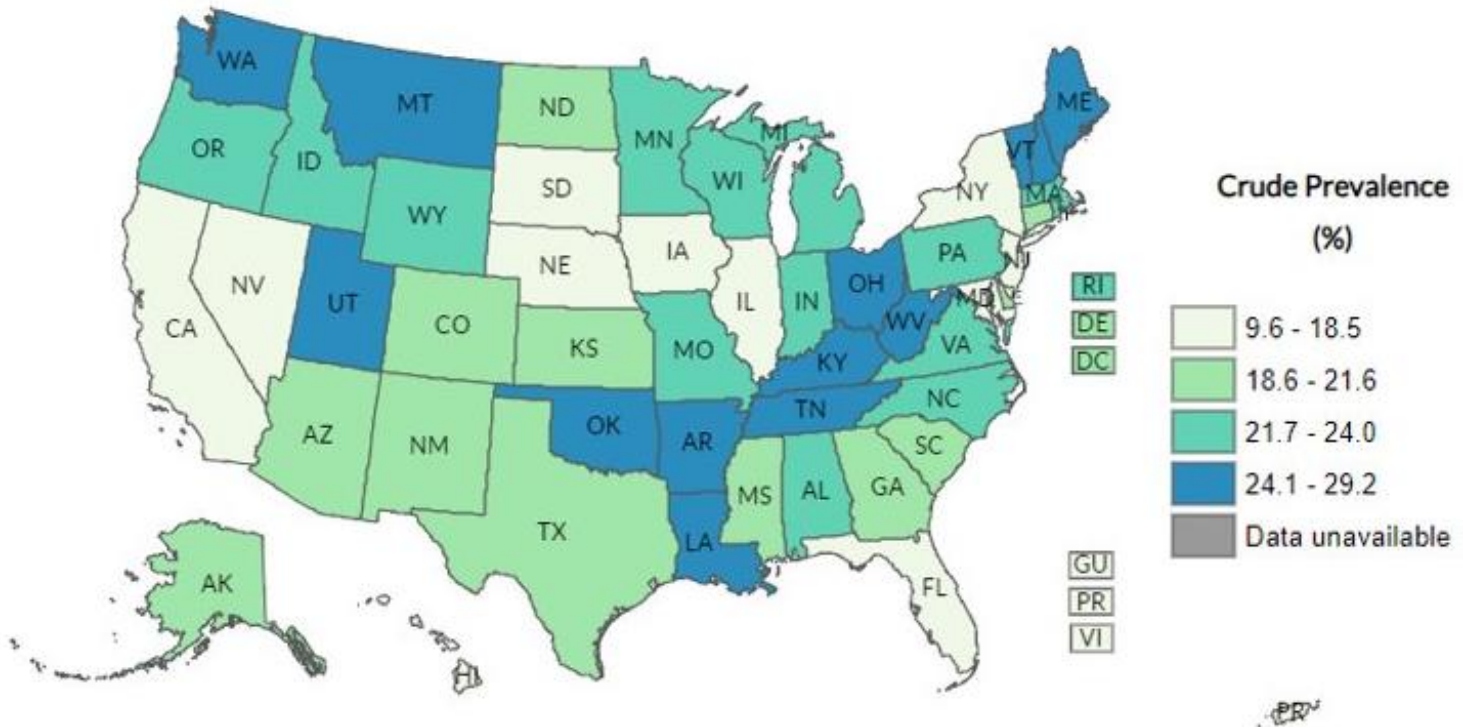
The U.S. Centers for Disease Control and Prevention uses the Behavioral Risk Factor Surveillance System to survey health-related risk behaviors. To measure the crude prevalence of depression in Louisiana, citizens were asked whether they had ever been diagnosed with any form of depression.

From 2019 to 2021, Louisiana citizens reporting to have a history of depression rose from 23.9% to 26.4%. This is a higher increase compared to the national average, which grew from 19.7% to 21.6%. The map uses data from the Behavioral Risk Factor Surveillance System to compare the prevalence of depression across the country. Alongside Arkansas, Oklahoma and Tennessee, Louisiana reported a comparatively higher depression rate than the rest of the country.



SNAPSHOT

Prevalence of Depression Nationwide 2022



Source: Behavioral Risk Factor Surveillance System

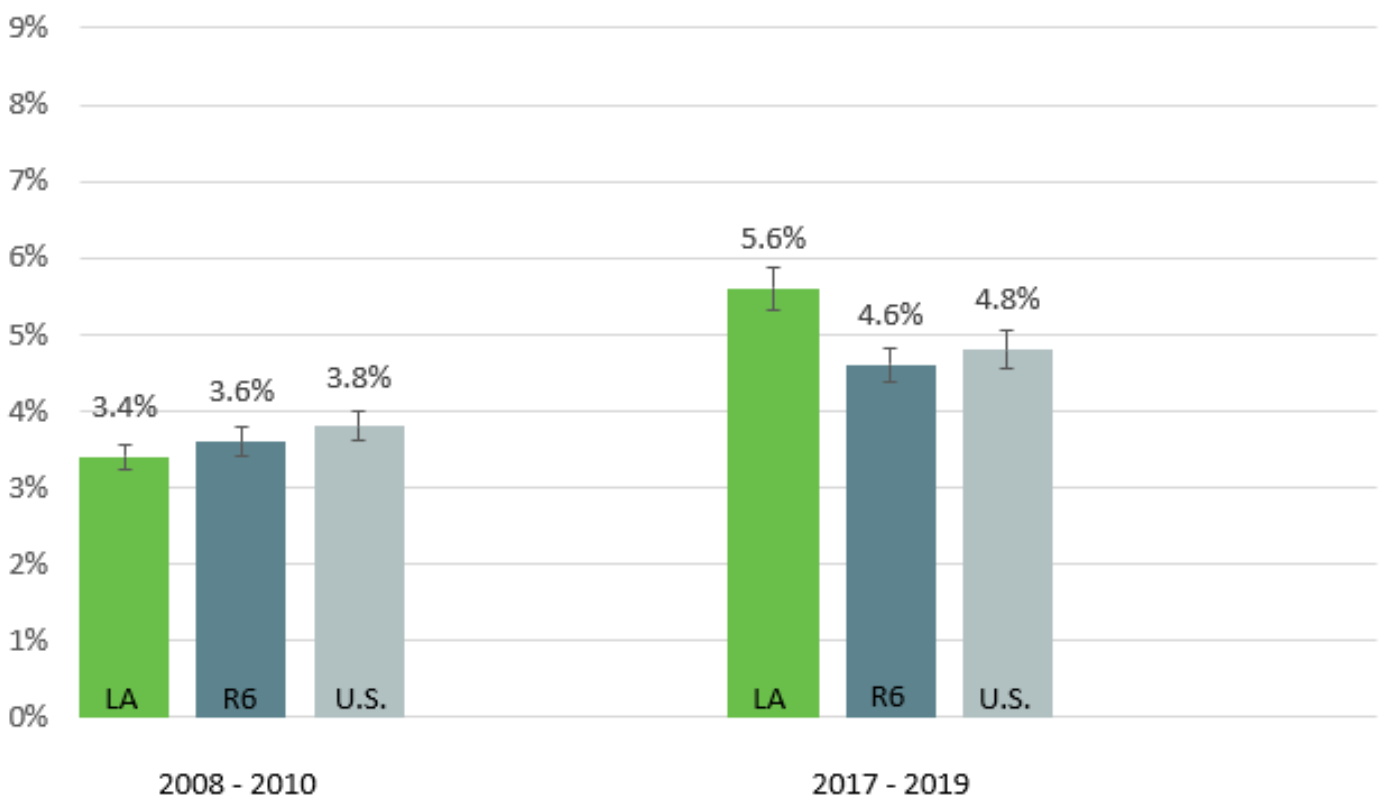
A division of the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration reports national and statewide behavioral health data. It measures the percentage of adults with a serious mental illness, which includes any mental disorder that causes serious impairment in functioning. Examples of serious mental illness are major depression and bipolar disorders.

The percentage of Louisiana adults with serious mental illness ranked close to the national average from 2008 to 2010. However, Louisiana surpassed both the national and regional average from 2017 to 2019.



SNAPSHOT

Prevalence of Serious Mental Illness in Adults



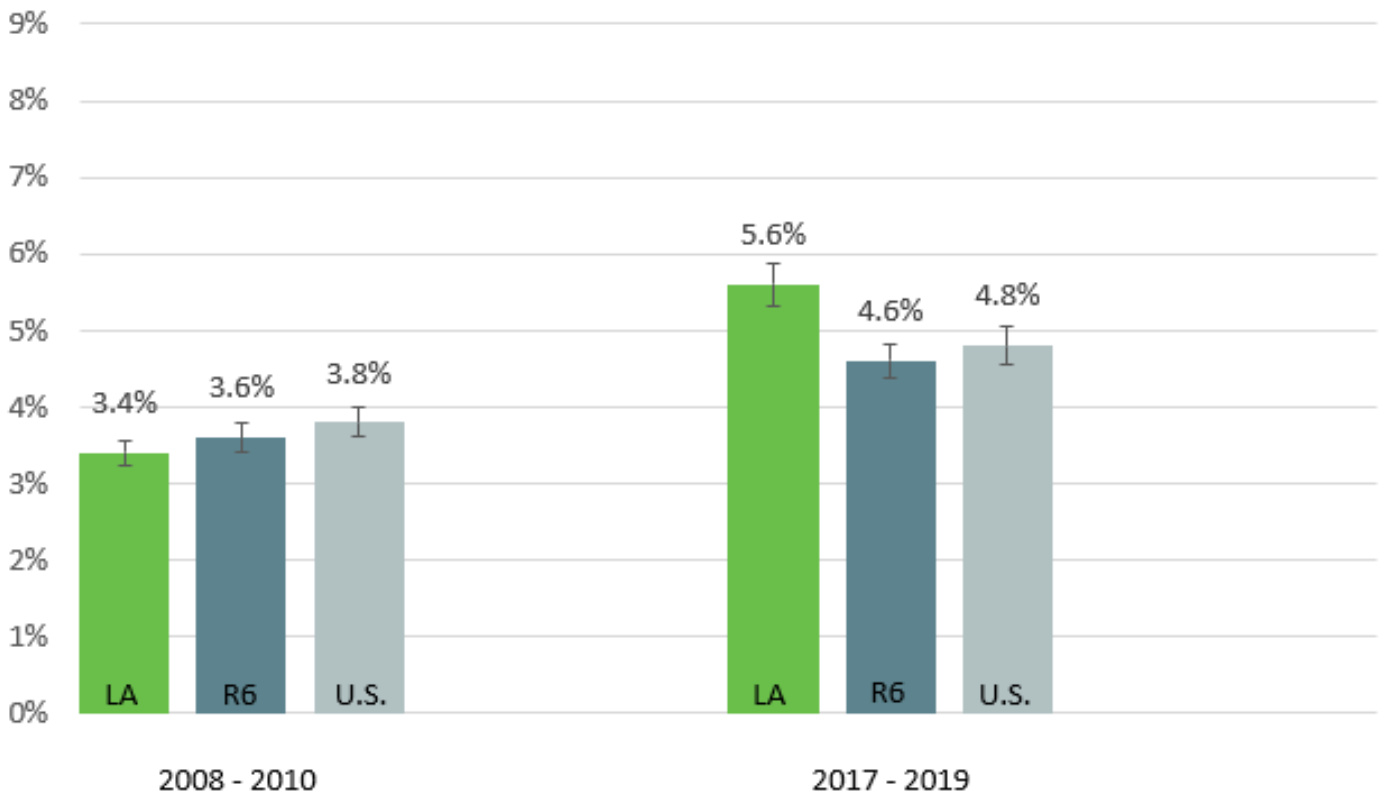
Source: U.S. Substance Abuse and Mental Health Services Administration
R6 = Region 6 (Arkansas, Louisiana, New Mexico, Oklahoma, and Texas)

From 2008 to 2010, the percentage of adults and young adults with serious mental illness in Louisiana was nearly equivalent. However, the data shows serious mental illness became more extensive among younger adults nearly a decade later, from 2017 to 2019.



SNAPSHOT

Prevalence of Serious Mental Illness in Young Adults (18-25)



Source: U.S. Substance Abuse and Mental Health Services Administration
R6 = Region 6 (Arkansas, Louisiana, New Mexico, Oklahoma, and Texas)

The statistics were recorded prior to the COVID-19 pandemic. More recent data shows that forms of serious mental illness have increased in Louisiana since then.

Mental health is a complex topic that should be analyzed carefully. There are many measures for mental health in large populations, and this snapshot is not all-encompassing. Instead, it presents basic information about the prevalence of mental health issues in Louisiana using data from federal organizations.

Improving the availability and quality of mental health treatment will continue to be a major issue in Louisiana and the nation. For those in need of mental health resources, the Louisiana National Alliance on Mental Health crisis hotline is 1-800-273-8255. Additionally, the [Louisiana Department of Health](#) website contains information about mental health services available by region.