

# Mental Health

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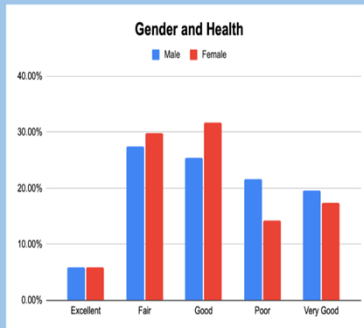
## Gender and Health

Women reported more mental health issues than males did

Women suggested more community support and help with childcare, when asked about what improvements could be made to help their situation. Some women said:

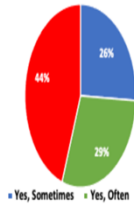
"My anxiety and depression make it difficult for me to be around people. Most of the time I just stay in my house all by myself"

"Free counseling [would help]. I mean, I'm gonna have insurance, but it still costs money to go to see somebody"



## Mental and Physical Well-Being

Reduction of Activity from Physical/Mental Condition



"My mental health is not right. I want to work on that before I go back and look for work"

Housing insecurity can increase symptoms of mental illness in terms of anxiety, depression, and stress

"My wife and I both suffer from physical disabilities and have an autistic daughter that we are care providers for. It can be very difficult for us and it definitely makes an impact on our emotional well-being"

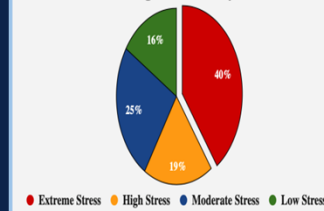
18% of participants were unemployed due to health and medical reasons

Without being able to work, individuals are more likely to face housing insecurity from not having a stable source of income

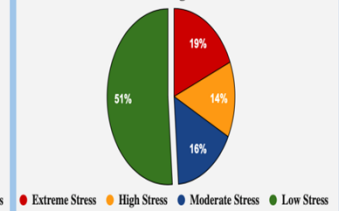


## Food Insecurity Impacting Mental Health

Stress Levels Among the Extremely Food Insecure



Stress Levels Among the Food Secure



40% of respondents who reported being extremely food insecure experience extreme stress.

"One of the reasons I send my son to daycare is because they provide their meals for those parts of the day"

Food insecurity causes an increased risk of mental illness.

## ERAP Mental Health Impact

How confident are people without ERAP



"Calmed the mind"



Only 22% of participants are very confident without ERAP.

"How did receiving ERAP help you?"

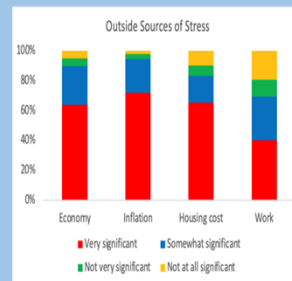
"It's saved me mentally, I promise you"

"Helped me tremendously ... as far as my mental stress"



## Everyday Stressors

48% of all participants experience high to extreme levels of stress



"Work stresses me out because I work overnights and that means I have to leave my kids throughout the night and what if they need me and I'm not there?"



"I now work up to 70 hours a week at 2 jobs."

"I just want to be able to walk to the park with my wife, without having to stress over being evicted or bills"

## How to Improve?

Create more accessibility to more resources

Stability and a safe space

Addiction assistance

Crisis support for mental health



"Community based mental health support"