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THE MAYOR'S FUND TO ADVANCE NYC
Mental Health Roadmap: Website Visual Design

10.26.2015

Mental Health Roadmap

HomeRoadmapContactDo you need help?

One in five New Yorkers experience a mental health disorder in a given year.

#NYCMentalHealth

Our mental health system is broken. To fix it, we need a plan of action: New York City 's groundbreaking Mental Health Roadmap.

The six principles below guide our work. We invite you to join the conversation and help us make mental health everyone's business. Together we will make all of our lives, and our city, healthier and more productive.

Change the Culture

250,000

NEW YORKERS WILL BE TRAINED IN MENTAL HEALTH FIRST AID.

Train New Yorkers

Improve School Climate

through reforms, led by School Climate Leadership Team, that take approaches rooted in restorative justice, de-escalation, and crisis intervention.

Empower all of us to take action

Shift the focus from punishment to public health

Act Early

Early ExperiencesYouth, Identity and RelationshipsNew Mental Health Programs

18%

of children aged zero-17 who experienced two or more events such as divorce, domestic violence, family financial strain, or poor social conditions, like unsafe neighborhoods and overburdened schools, are more likely to face mental health issues later in life.

LEARN MORE >

27%

of public high school students in NYC report feeling sad or hopeless almost every day for the prior two weeks - a predictor of depressive illness.

LEARN MORE >

Close Treatment Gaps

12%

OF NEW MOTHERS EXHIBIT SYMPTOMS OF DEPRESSION IN THE MONTHS AFTER GIVING BIRTH.

20%

OF LOWER-INCOME MOTHERS DEVELOP SYMPTOMS OF DEPRESSION AFTER PREGNANCY.

1/4


OF THE 230,000 VETERANS IN NEW YORK, ARE ESTIMATED TO HAVE PTSD AND/OR MAJOR DEPRESSION.

35%

OF NYC DEPARTMENT OF HOMELESS SERVICES SHELTER CLIENTS HAVE A SERIOUS MENTAL ILLNESS; IT'S CLOSER TO 40% AMONG HOMELESS WHO LIVE ON THE STREETS.


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50%


MORE THAN 50% OF OLDER ADULTS WITH DISORDERS GET NO TREATMENT WHATSOEVER.



92 OUT OF EVERY 1,000

OLDER NEW YORK CITY RESIDENTS WERE VICTIMS OF ELDER ABUSE IN A ONE YEAR PERIOD.

Partner with Communities



THE MHR WILL CREATE A COMMUNITY ACTION FUND

to help expand delivery of low-cost, high-impact interventions at the local, neighborhood level.

+


Workforce Summit

-


The Early Years Collaborative

will improve the health and well-being of children in New York using place-based work in the South Bronx and Brownsville. Replicable strategies developed in these neighborhoods can be applied elsewhere in the city.

Use Better Data




A NEW MENTAL HEALTH INNOVATION LAB WILL GIVE THE CITY THE DATA AND RESOURCES IT NEEDS TO EMBRACE ITS RESPONSIBILITY TO COORDINATE THIS EFFORT



EVALUATE FINANCIAL SUSTAINABILITY OF SCHOOL BASED MENTAL HEALTH CLINICS SO THAT DOHMH CAN CONSIDER THEIR VARYING FINANCIAL MODELS IN ORDER TO SEE WHICH PROGRAMS MAKE SENSE TO SCALE.

Strengthen Government's Ability to Lead



PLAN

THE MENTAL HEALTH PLANNING COUNCIL WILL CONNECT AND EMPOWER CITY AGENCIES. WITHIN THE FIRST 100 DAYS AFTER THE ROADMAP'S RELEASE, THE COUNCIL WILL DEVELOP SPECIFIC AGENCY GOALS.

RESHAPE THE COMMUNITY SERVICES BOARD THAT ADVISES DOHMH'S MENTAL HEALTH WORK, BY DIVERSIFYING THOSE INCLUDED, TO ENGAGE STAKEHOLDERS WHOSE VOICES HAVE PREVIOUSLY GONE UNHEARD.

COMMUNITY

If your symptoms become so severe that you need help urgently, or if you are thinking about harming yourself or someone else, call 911

Mental health first aid training

Mental Health clinics in community schools

Improve School Climate initiatives: CUNY Mental Health digital platform

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Mental health hot-line training

Mental Health clinics in community schools

Improve School Climate initiatives

COVID-19 Mental Health Support platform

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If you think that you may be depressed, anxious, or have another mental health issue, talk to your doctor or seek help from a mental health professional.

You can also find help by calling 1-800 LifeNet. It is a free, confidential helpline, available 24/7. For English call 1-800-543-3638, Spanish: 1-877-298-3373, Chinese: 1-877-990-8585, TTY: 1-212-982-5284.

People can recover from mental health issues with help from treatment, lifestyle changes and by learning new coping skills. Unfortunately, many people do not seek help because they feel ashamed and stigmatized. If you are concerned about yourself or someone you care about, here is some information on the most common mental health issues.

I'm a Concerned Parent or Caregiver of Young Children

I'm a Teen or Young Adult

I'm Feeling Down and May Be Depressed

I Can't Stop Worrying About Things

I May Have a Problem With Alcohol or Substance Use

I've Survived a Traumatic Event

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