

The Mental Health Emergency in Rural America

Based on the following mental health facts and statistics, the 46 million people who live in rural America are facing a mental health emergency.

Rural America is currently facing a mental health emergency that is placing an enormous strain on rural communities. With limited access to mental health resources in these areas, many individuals are not receiving the treatment they need. The lack of mental health services in rural communities, coupled with the stressors of rural living, such as isolation, limited job opportunities and financial struggles, have led to a significant increase in mental health issues.

To confront this mental health emergency, Rural Minds and the National Grange have created the Rural Mental Health Resilience Program.

 **Together we can work towards improving the mental health for individuals living in rural America.**



50%
higher
suicide rates
in rural areas
compared to people
living in urban
areas.



3.5x
farmers are
nearly 3.5x as
likely to die
by suicide
compared to other
occupations.



Higher
rates of mental
illness
among rural
children compared
to urban children.



Higher
rates of suicide
among youth
in rural areas
compared to youth
living in urban areas.



Please visit the program's website at for resources to help you become part of the solution for improving mental health in your community.

www.RuralMinds.org/resilience

KEY FACTS AT A GLANCE



RURAL DEPRESSION & SUICIDE RATES

- People living in rural America are nearly **50% more likely to die by suicide** than those in urban areas.
- Farmers are **3.5 times more likely to die by suicide** compared to the general population.
- Depression, anxiety, and behavioral conditions are more prevalent among rural children compared to urban children.
- Youth living in rural areas are at higher risk of suicide compared to those living in urban areas.



RURAL HEALTHCARE SHORTAGE

- Rural areas have **20% fewer** primary care providers than urban areas.
- **65%** of rural counties don't have a psychiatrist.
- **81%** of rural counties don't have a psychiatric nurse practitioner.
- Only about **30%** of highly rural counties have a mental health facility that treats young people.
- Rural residents are less likely to have reliable broadband internet – with nearly **30%** reporting no internet connection – limiting their access to telehealth appointments.