

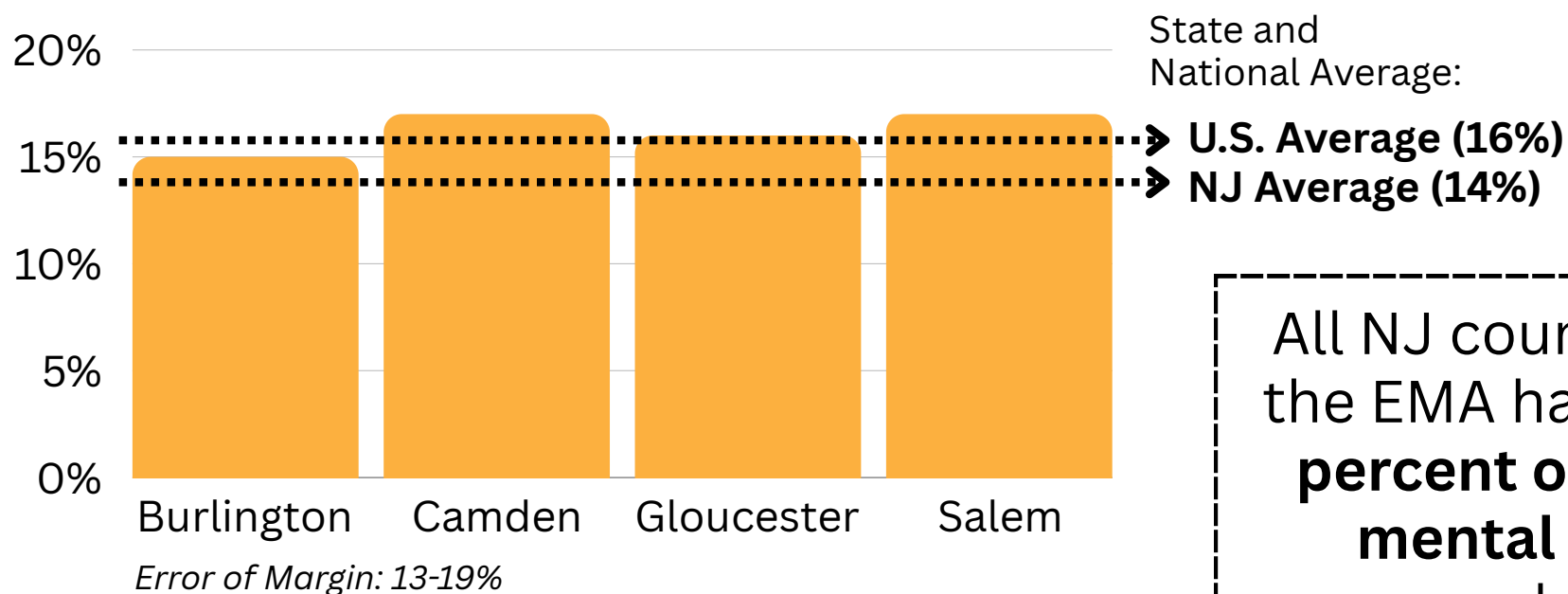
# Discussion Item: Mental Health

**\*Frequent mental distress** is characterized by experiencing 14 or more days of mental distress per month

[Click here for more details on this set of infographics](#)

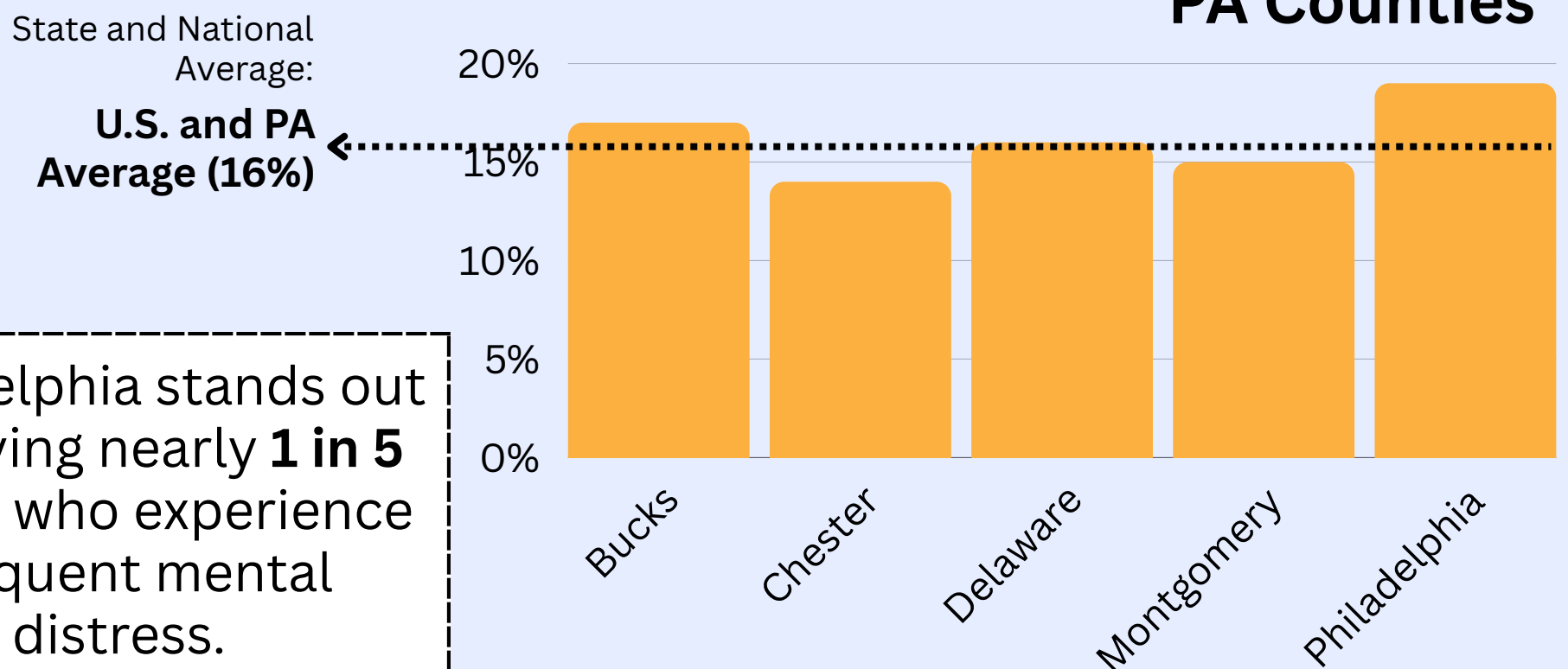
## Percent of Adults, aged 18+, Who Have Experienced Frequent Mental Distress\* in 2022

### NJ Counties



All NJ counties within the EMA have a **higher percent of frequent mental distress** compared to the state average.

### PA Counties



Philadelphia stands out as having nearly **1 in 5 adults** who experience frequent mental distress.

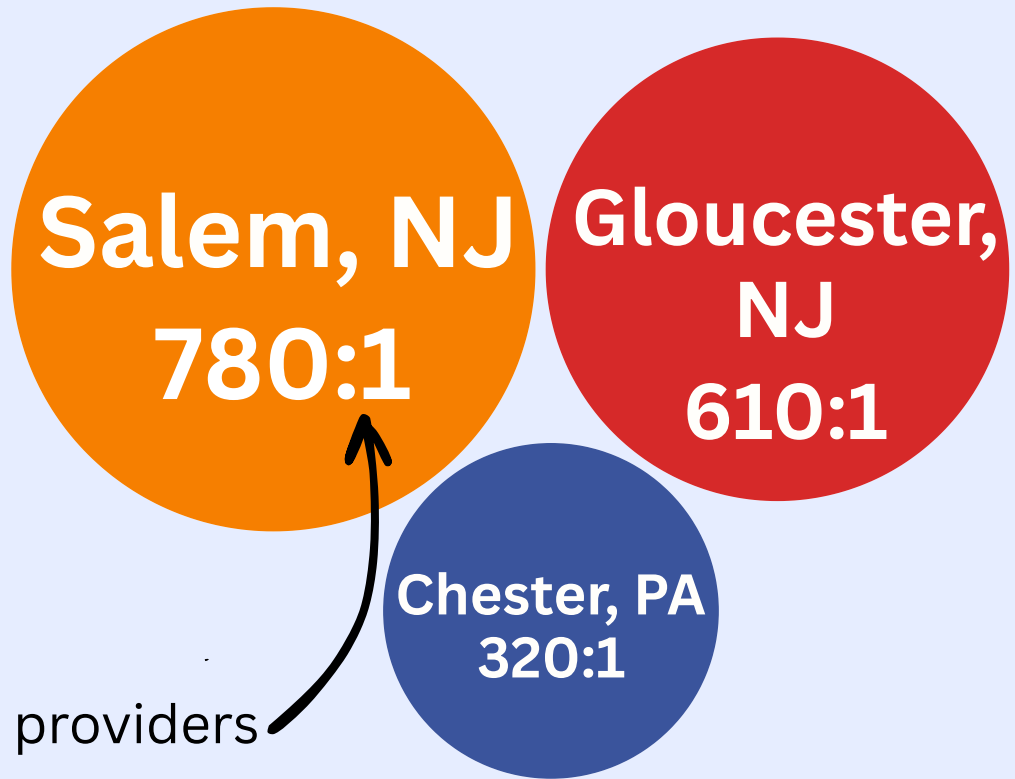
Error of Margin: 13-21%

# Discussion Item: Mental Health



## Top 3 Counties with Highest Client Burden Per Provider in the EMA, 2024

Higher ratios indicate **lower access to care** since there are fewer providers available. This may lead to longer wait times, limited provider choice, and unmet mental health needs.

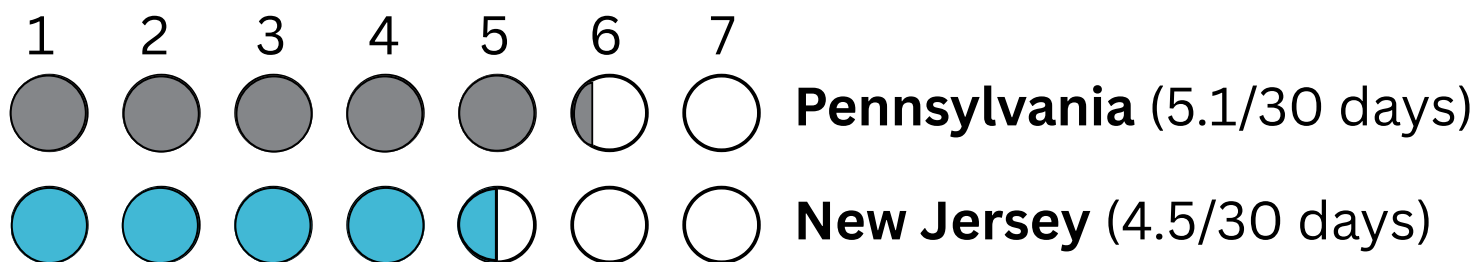


The ratio of population to mental health providers

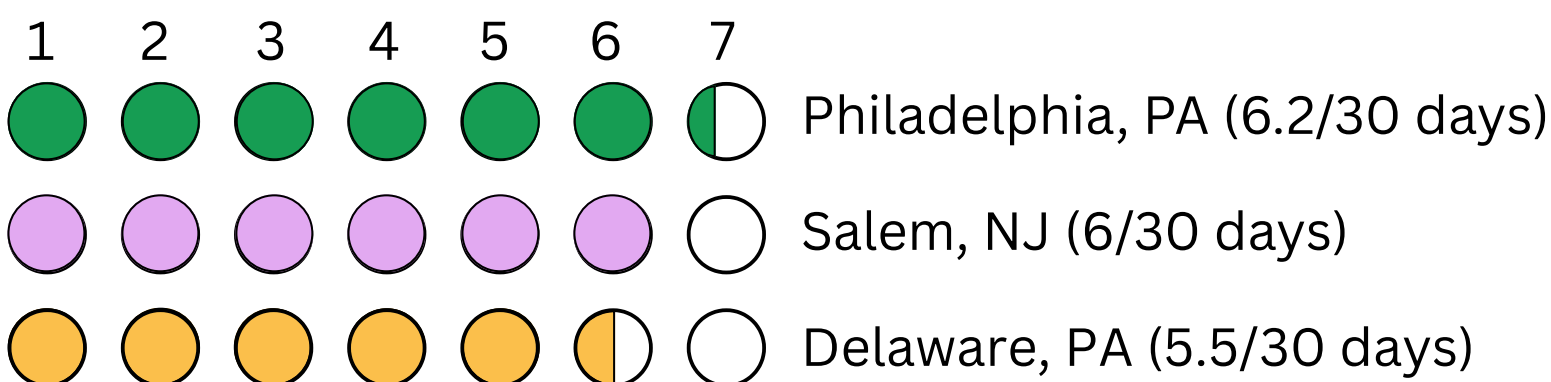
Data Source: County Health Rankings and Roadmaps, Compare Counties

## Average Number of Poor Mental Health Days Reported in Past 30 days, 2022

### State Averages



### Top Counties



Residents in the EMA are reporting **more mentally unhealthy days** than **both state averages**.

Data Source: County Health Rankings and Roadmaps, Compare Counties