If Everyone Has Mental Health, Why Doesn't Everyone Have Access to Health Care?

Community Chats- March 2022

We recognize that our community's health is interconnected with all aspects of life, and we hope Community Chats help to provide a look at the bigger picture and how all of our work is connected. Prior to each chat we've sent out resources for attendees to review.

Topic Resources:

- The Doctor is Out: Continuing Disparities in Access to Mental and Physical Health Care
  - A public policy report from the National Alliance on Mental Illness, from 2017, that discusses different barriers respondents face in finding mental health care as well as the out-of-pocket rate for care. Includes graphs and graphics.

- Public Crisis, Private Toll: The hidden costs of the mental-health industry's expansion
  - A report from the Seattle Times in 2019 that walks through where Washington state stood comparatively for need and access to mental health care, what the reasons given for lack of care available (not enough beds) and an increase in private psychiatric hospitals in the state.

- Caring for Your Mental Health
  - An overview from the National Institute of Mental Health on what mental health is, tips on self care, when to seek professional help, what to do in a crisis and links to other resources, videos and fliers.

- Barriers to Mental Healthcare Access
  - It's not often that we share out a Tweet as a resource but this one from *Psychological Health Center of Excellence* does a great job of categorizing and listing different barriers to care.

- Mental Health Needs Have Washington in a State of Crisis
  - This is a bit of a long article but has lots of good information about the history of Washington and mental health services. It also looks at what University of Washington is trying to do about it.