



Harris, Fort Bend, Waller, and Montgomery Counties
2023 Results

For Reference Only; Questions should be directed to MHA of Grater Houston at info@mhahouston.org

Screenings are available through our website: mhahouston.org

Note: We are not the only screenings available to people, and we only capture a fraction of those affected. While we cannot draw conclusions beyond what is reported, MHA’s mental health screening provide the **most direct, real-time measure** of mental health/overall wellbeing in the greater Houston region. What this information demonstrates to us is that the impact of a variety of variables is real and appears to be spreading and accelerating.

This screening program is identifying a help-seeking population earlier than ever before, giving us new opportunities to address mental health concerns long before they become Stage 4 crises. Finding partners to promote screenings as online, free, and anonymous, and sharing the data is important to help mental health organizations and professionals support the most vulnerable in our communities.

Raw Numbers:

Harris, FB, Waller, Mont Counties	Jan-23	Feb-23	Mar-23	Apr-23	May-23	Jun-23	Jul-23	Aug-23
Total Monthly Screens	2,760	2,451	2,336	2,098	2,593	1,666	1,247	1,472

Harris, FB, Waller, Mont Counties					2023
	Sep-23	Oct-23	Nov-23	Dec-23	Total
Total Monthly Screens	1,589	1,549	1,559	1,454	22,774

Total UW screenings for: 2019: 3,465 2020: 17,127 2021: 22,755 2022: 27,061

By Category (rounded)

- **ADHD**
 - 82% of people screened were likely experiencing symptoms of ADHD.
- **Alcohol or Substance Use**
 - 80% of people screened showed likely alcohol or substance use.
- **Anxiety**
 - 94% of people screened were likely experiencing moderate to severe anxiety.
- **Bipolar**
 - 50% of people screened positive for bipolar disorder.
- **Depression**
 - 36% of people screened were likely experiencing mild to moderate depression.
 - 58% of people screened were likely experiencing moderately severe to severe depression.
 - Overall, 94% of people screened were likely experiencing some degree of depression.



Harris, Fort Bend, Waller, and Montgomery Counties 2023 Results

For Reference Only; Questions should be directed to MHA of Grater Houston at info@mhahouston.org

Screenings are available through our website: mhahouston.org

- **Eating Disorder**
 - 99% of people screened were at risk for an eating disorder.
- **Parent (Your Child's Mental Health Test)**
 - 75% of parent screens taken showed a child at risk for emotional, attentional, or behavioral difficulties.
- **Postpartum Depression**
 - 76% of people screened showed probable depression.
- **Psychosis**
 - 78% of people screened showed a possible risk for psychosis.
- **PTSD**
 - 90% of people screened positive for PTSD.
- **Youth**
 - 77% of youth screened were at risk for emotional, attentional, or behavioral difficulties.

What are the main things contributing to your mental health problems right now?

1. Body Image/Self-Image
2. Relationship Problems
3. School or Work Problems
4. Loneliness or Social Isolation

Note: The following pages include graphs/charts highlighting demographic data



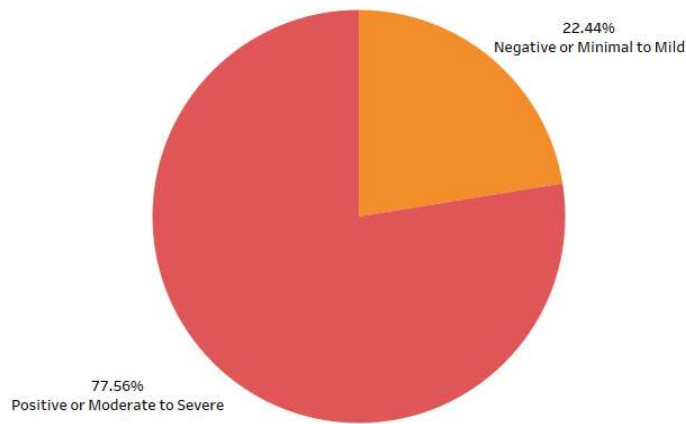
Harris, Fort Bend, Waller, and Montgomery Counties 2023 Results

For Reference Only; Questions should be directed to MHA of Grater Houston at info@mhahouston.org

Screenings are available through our website: mhahouston.org

Screen Result Sev

Screen Result Severity
■ Negative or Minimal to Mild
■ Positive or Moderate to Severe



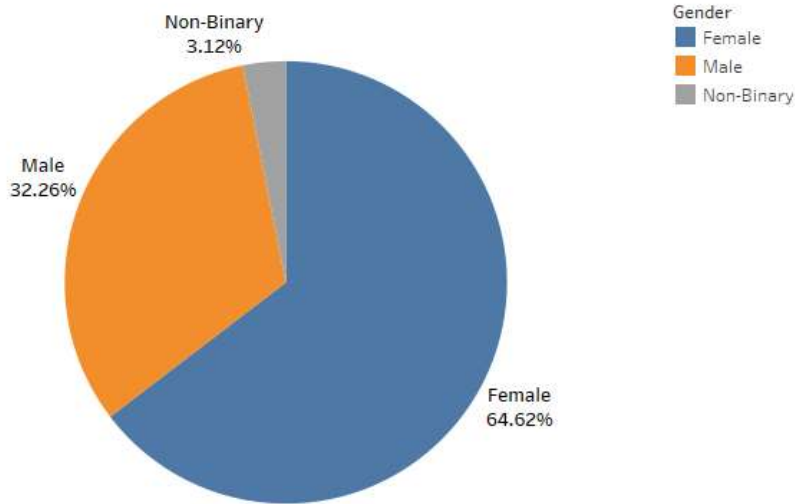
Percentage and Screen Result Severity. Color shows details about Screen Result Severity. The marks are labeled by Percentage and Screen Result Severity. The data is filtered on Date Day, Referrer (group) and Zip. The Date Day filter ranges from January 1, 2023 to December 31, 2023. The Referrer (group) filter keeps Custom URL and Other. The Zip filter keeps 1,030 of 1,030 members. The view is filtered on Screen Result Severity, which excludes Null & TBD.

Harris, Fort Bend, Waller, and Montgomery Counties 2023 Results

For Reference Only; Questions should be directed to MHA of Grater Houston at info@mhahouston.org

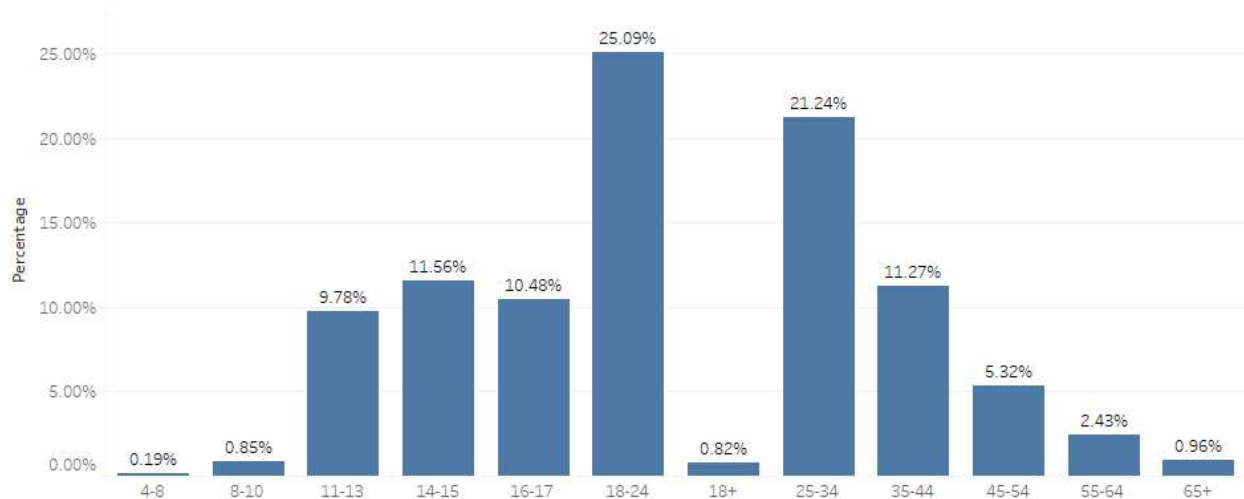
Screenings are available through our website: mhahouston.org

Gender



Gender and Percentage. Color shows details about Gender. The marks are labeled by Gender and Percentage. The data is filtered on Date Day, Referrer (group), Action (Age (group)) and Zip. The Date Day filter ranges from January 1, 2023 to December 31, 2023. The Referrer (group) filter keeps Custom URL and Other. The Action (Age (group)) filter keeps 15 members. The Zip filter keeps 1,030 of 1,030 members. The view is filtered on Gender, which excludes Null.

Age



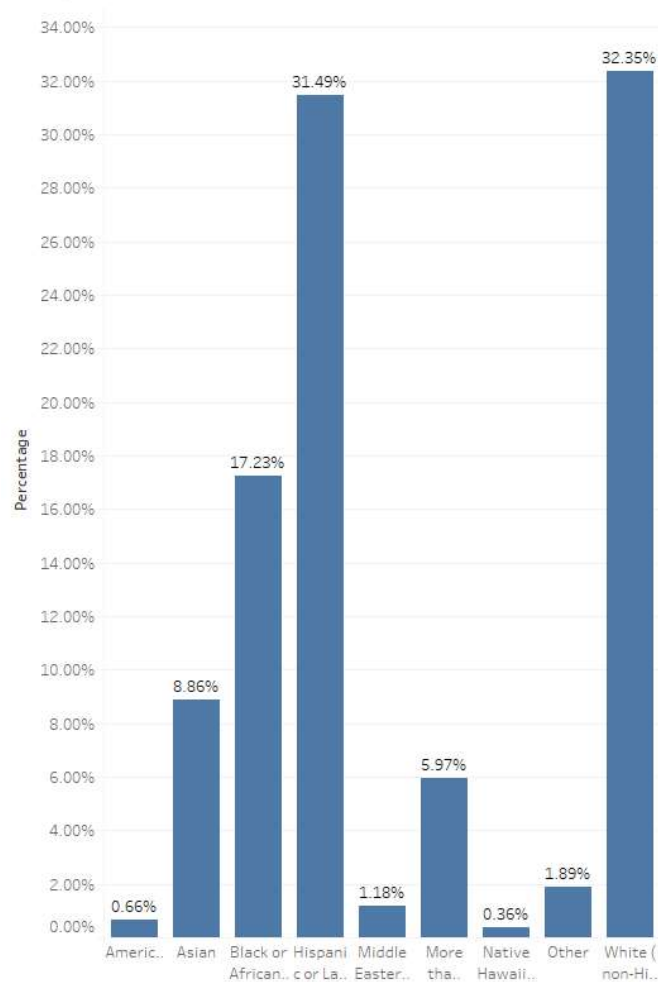
Percentage for each Age (group). The marks are labeled by Percentage. The data is filtered on Date Day, Referrer (group), Action (Gender) and Zip. The Date Day filter ranges from January 1, 2023 to December 31, 2023. The Referrer (group) filter keeps Custom URL and Other. The Action (Gender) filter keeps 4 members. The Zip filter keeps 1,030 of 1,030 members. The view is filtered on Age (group), which excludes Null.

Harris, Fort Bend, Waller, and Montgomery Counties 2023 Results

For Reference Only; Questions should be directed to MHA of Grater Houston at info@mhahouston.org

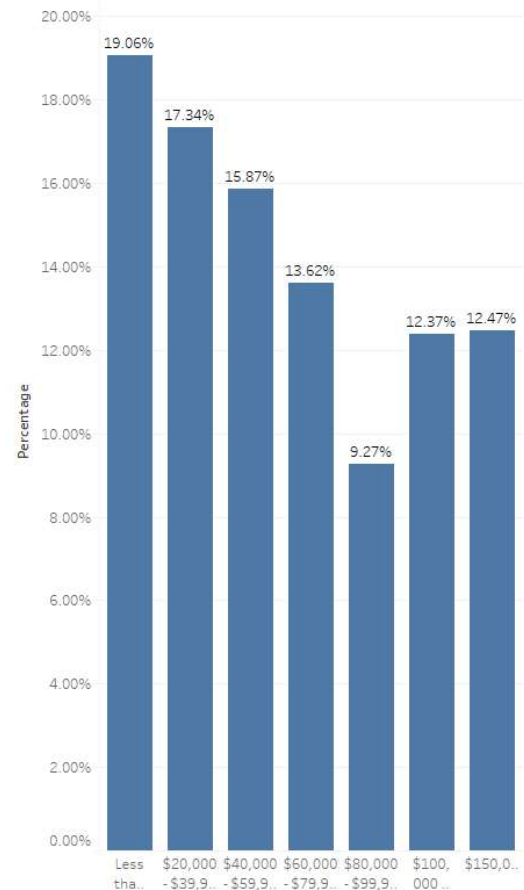
Screenings are available through our website: mhahouston.org

Race/Ethnicity



Percentage for each Race/Ethnicity1 (group). The marks are labeled by Percentage. The data is filtered on Date Day, Referrer (group), Action (Income1), Action (Income1 (group)) and Zip. The Date Day filter ranges from January 1, 2023 to December 31, 2023. The Referrer (group) filter keeps Custom URL and Other. The Action (Income1) filter keeps 14 members. The Action (Income1 (group)) filter keeps 9 members. The Zip filter keeps 1,030 of 1,030 members. The view is filtered on Race/Ethnicity1 (group), which keeps 11 members.

Household Income



Percentage for each Income1 (group). The marks are labeled by Percentage. The data is filtered on Date Day, Referrer (group), Action (Race/Ethnicity1), Action (Race/Ethnicity1 (group)) and Zip. The Date Day filter ranges from January 1, 2023 to December 31, 2023. The Referrer (group) filter keeps Custom URL and Other. The Action (Race/Ethnicity1) filter keeps 14 members. The Action (Race/Ethnicity1 (group)) filter keeps 13 members. The Zip filter keeps 1,030 of 1,030 members. The view is filtered on Income1 (group), which excludes Null and Less than \$20,999.

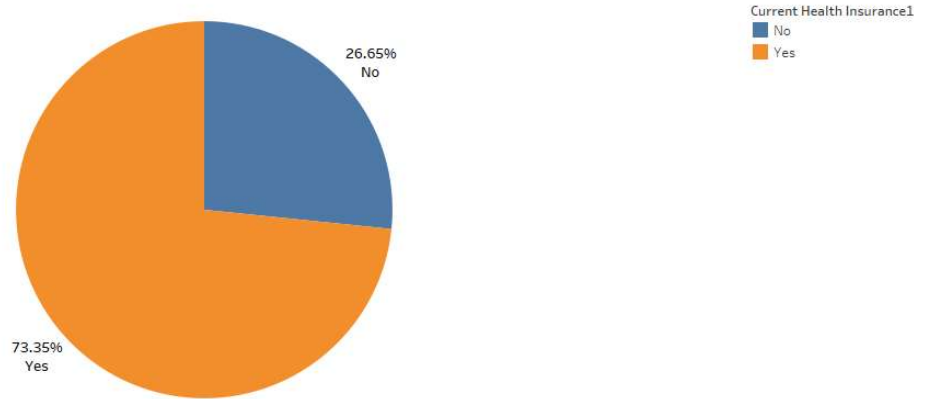


Harris, Fort Bend, Waller, and Montgomery Counties 2023 Results

For Reference Only; Questions should be directed to MHA of Grater Houston at info@mhahouston.org

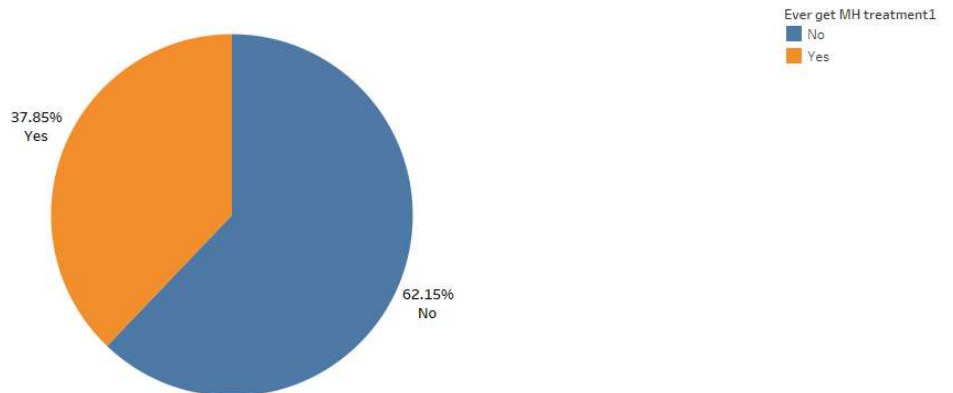
Screenings are available through our website: mhahouston.org

Do you currently have health insurance?



Percentage and Current Health Insurance1. Color shows details about Current Health Insurance1. The marks are labeled by Percentage and Current Health Insurance1. The data is filtered on Date Day, Referrer (group) and Zip. The Date Day filter ranges from January 1, 2023 to December 31, 2023. The Referrer (group) filter keeps Custom URL and Other. The Zip filter keeps 1,030 of 1,030 members. The view is filtered on Current Health Insurance1, which excludes Null.

Have you ever received treatment/support for a mental health problem?



Percentage and Ever get MH treatment1. Color shows details about Ever get MH treatment1. The marks are labeled by Percentage and Ever get MH treatment1. The data is filtered on Date Day, Referrer (group) and Zip. The Date Day filter ranges from January 1, 2023 to December 31, 2023. The Referrer (group) filter keeps Custom URL and Other. The Zip filter keeps 1,030 of 1,030 members. The view is filtered on Ever get MH treatment1, which excludes Null.

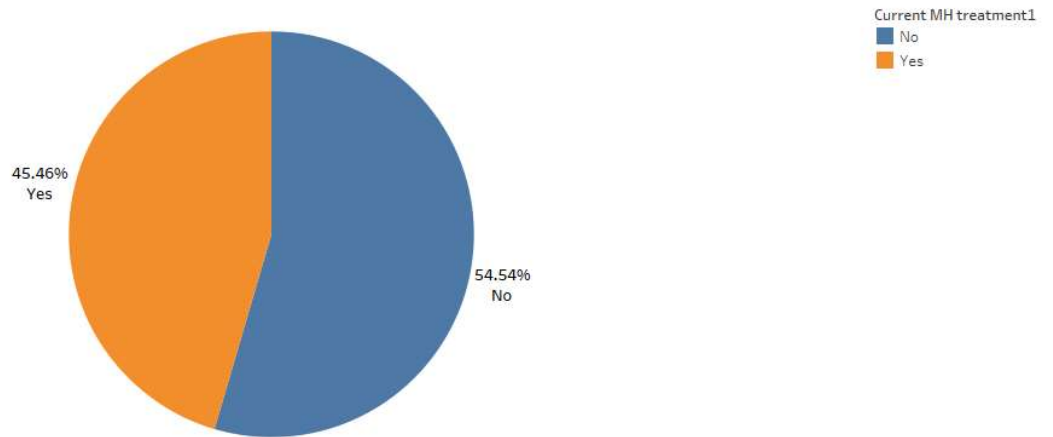


Harris, Fort Bend, Waller, and Montgomery Counties 2023 Results

For Reference Only; Questions should be directed to MHA of Grater Houston at info@mhahouston.org

Screenings are available through our website: mhahouston.org

Are you currently receiving treatment/support?



Percentage and Current MH treatment1. Color shows details about Current MH treatment1. The marks are labeled by Percentage and Current MH treatment1. The data is filtered on Date Day, Referrer (group) and Zip. The Date Day filter ranges from January 1, 2023 to December 31, 2023. The Referrer (group) filter keeps Custom URL and Other. The Zip filter keeps 1,030 of 1,030 members. The view is filtered on Current MH treatment1, which excludes Null.

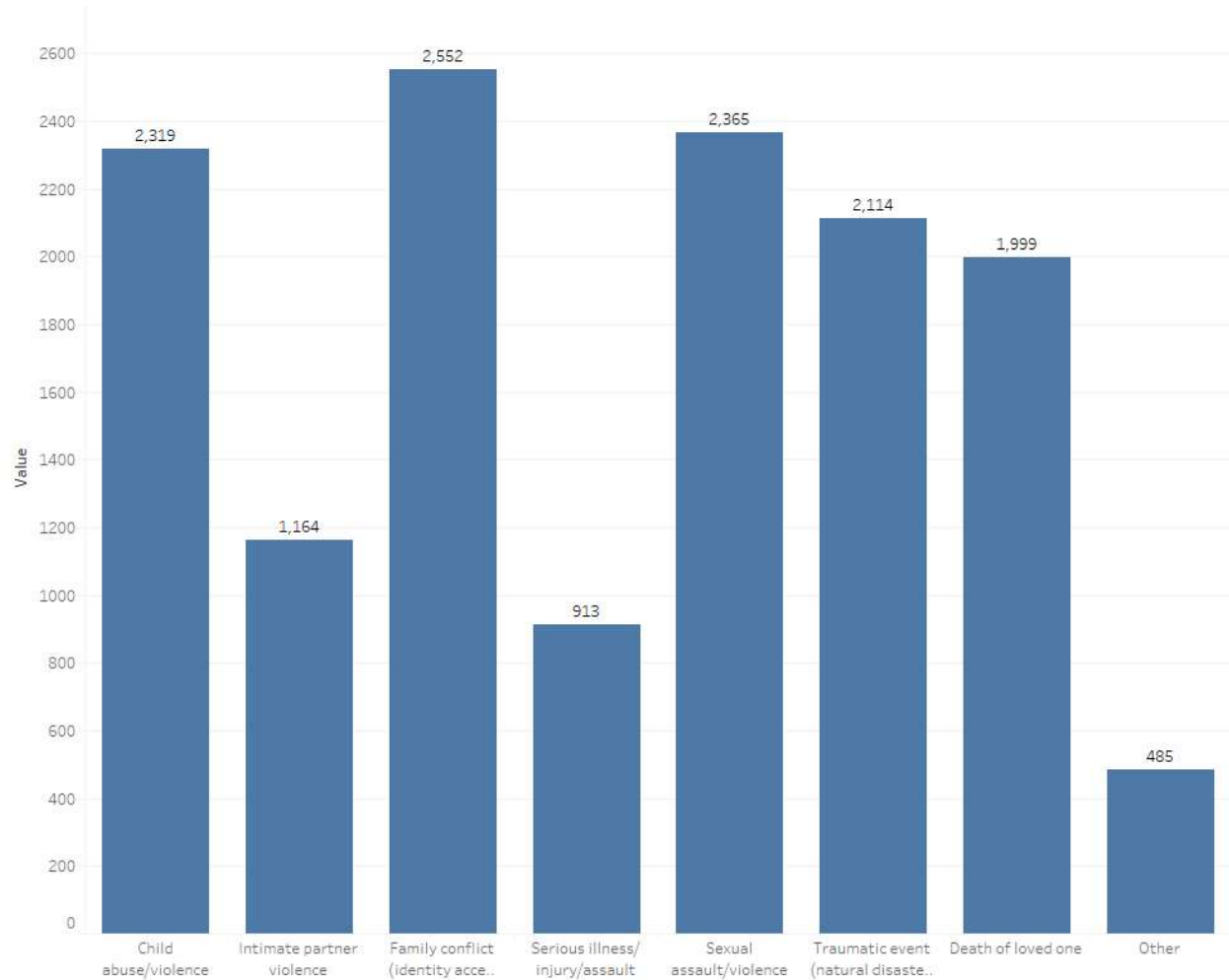


Harris, Fort Bend, Waller, and Montgomery Counties
2023 Results

For Reference Only; Questions should be directed to MHA of Grater Houston at info@mhahouston.org

Screenings are available through our website: mhahouston.org

For Trauma Survivors: Which of the following describe your experience of trauma? (Select all that apply)



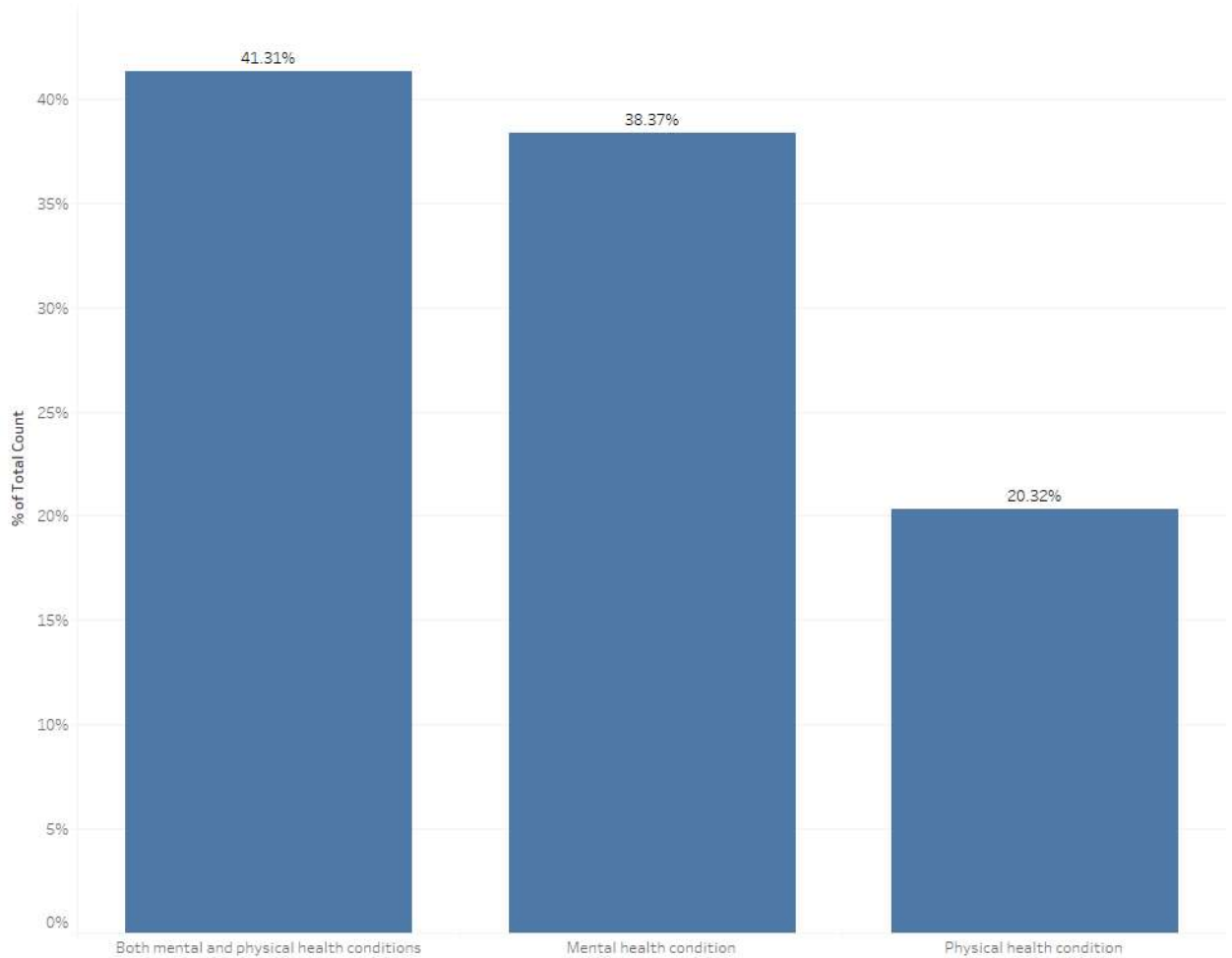
Child abuse/violence, Intimate partner violence, Family conflict (identity acceptance/separation/divorce), Serious illness/injury/assault, Sexual assault/violence, Traumatic event (natural disaster, accident, witnessing violence, etc.), Death of loved one and Other. The marks are labeled by Child abuse/violence, Intimate partner violence, Family conflict (identity acceptance/separation/divorce), Serious illness/injury/assault, Sexual assault/violence, Traumatic event (natural disaster, accident, witnessing violence, etc.), Death of loved one and Other. The data is filtered on Referrer (group), Zip and Date Day. The Referrer (group) filter keeps Custom URL and Other. The Zip filter keeps 1,030 of 1,030 members. The Date Day filter ranges from January 1, 2023 to December 31, 2023.

Harris, Fort Bend, Waller, and Montgomery Counties
2023 Results

For Reference Only; Questions should be directed to MHA of Grater Houston at info@mhahouston.org

Screenings are available through our website: mhahouston.org

For Caregivers: Are you caring for someone with a mental or physical health condition?



% of Total Count for each Are you caring for someone with a mental or physical health condition?. The marks are labeled by % of Total Count. The data is filtered on Referrer (group), Zip and Date Day. The Referrer (group) filter keeps Custom URL and Other. The Zip filter keeps 1,030 of 1,030 members. The Date Day filter ranges from January 1, 2023 to December 31, 2023. The view is filtered on Are you caring for someone with a mental or physical health condition?, which excludes Null.