



Mental Health Awareness

Mental health is about how we think, feel, and cope with daily life. It affects how we handle stress, relate to others, and make decisions.

Statistics

- 1 in 5 U.S. adults experience mental illness each year
- More than 1 in 7 U.S. youth ages 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24



Common Mental Health Issues

- Anxiety
- Depression
- Burnout
- Stress
- Low self-esteem
- Bipolar Disorder
- PTSD



Signs You Should Pay Attention To

- Feeling overwhelmed for a long time
- Loss of interest in things you love
- Trouble sleeping or concentrating
- Feeling tired emotionally
- Extreme mood changes
- Prolonged feelings of irritability or anger

How to Take Care of Your Mental Health

- ✓ Talk to someone you trust
- ✓ Take breaks and rest
- ✓ Express your feelings
- ✓ Seek professional help when needed

Help is available! National Alliance of Mental Illness (NAMI) HelpLine
call: 800-950-6264 or
email: helpline@nami.org
In a crisis call or text 988

"Mental health awareness starts with understanding"

Sources: <https://www.nami.org/warning-signs-and-symptoms>
<https://www.nami.org/types-of-conditions>

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Marion County

March 2026 Statistics

Clinics

Blood Pressure
Persons Served4

Paternity Testing Clinics.....3
Number of Persons Tested4

Immunizations

Number of Clinics7
No. of adults26
No. of adults immz. adm21
No. of pediatrics53
No. of pediatrics immz. adm131
Total of vaccines administered.....152

Children's Immunizations

Pediarix.....19
Pediatric Flu1
Hib.....23
Pneumococcal.....28
Rotavirus.....9
Hep A.....11
Dtap.....9
MMR10
Tdap.....0
Hepatitis B.....1
Varicella8
Kinrix.....5
Gardasil.....0
Meningitis2
ProQuad.....1
IPV (Polio).....0
Td0
Men. B0
Nirsevimab/RSV0
COVID-19.....0

Adult Immunizations

Hepatitis A2
Hepatitis B.....1
Flu0
Men. B.0
Meningitis0
MMR.....5
Pneumonia 23.....0
TD2
Tdap6
Typhoid2
Varicella0
Yellow Fever1
Pevnar 20.....0
Shingrix.....2
RSV0
COVID-19.....0

Maternal Child Health (MCH)

Maternal Health Encounters407
WIC Caseload1,087
WIC Clients receiving Education...142
WSSM/WIC Education33
Internet WIC Education5
Individual Education19
Phone Education85
Lead43
Hemoglobins.....98
ASQ Developmental Screenings82
Depression Screenings.....40
EPSDT'S40
Flouride Varnish (Oral Health)47
Number of Vision Tested0
Number of Hearing Tested5
Pregnancy Tests1

Better Birth Outcomes-Comprehensive

APORS Investigations3

Healthworks Caseload.....57

Communicable Disease Investigations

Animal Bites.....8
Chickenpox0
Cryptosporidiosis.....0
Hepatitis B1
Hepatitis C9
Histoplasmosis0
HIV/AIDS Cases Investigated0
HIV Test4
Salmonellosis0
Streptococcal Infections (Group A) ..0
Whooping Cough (Pertussis).....0

Sexually Transmitted Disease

Chlamydia15
Gonorrhea5
Syphilis5

TB (Tuberculosis)

Tests Administered.....17
New LTBI0
New Suspect TB Investigations1
New Active Cases0

Lab Draws

Private Pay
Salem Office43
Centralia Office32
Total Private Pay Lab Draws75

Environmental Health

Food

Routine Inspections62
Follow-up Inspections.....20
Complaint Inspections1
Temporary Inspections0
Pre-Operational Inspections6
Emergency Incident Inspections0
Number of Food Permits Issued ...18
Cottage Food Permits Issued0

Sewage

Routine Inspections2
Complaint Inspections.....1
Realty Inspections.....0
Sewage Systems Installed.....2
Number of Permits Issued2

Water

New System Inspections0
Existing Water Well Inspections0
Realty Inspections0
Complaint Inspections0
Water Wells Sealed0
Number of Permits Issued0

Closed Loop Wells

Closed Loop Well Inspections0
Systems Installed0
Number of Permits Issued1

Tanning

Routine Inspections0
Follow-up Inspections0
Complaint Inspections0

Body Art

Routine Inspections0
Follow-up Inspections.....0
Complaint Inspections0

FIT Test

Female.....0 Male.....0

