

### **Reach Out PA: Your Mental Health Matters**

The initiative was launched in January 2020 by Gov. Tom Wolf and is aimed at expanding resources and the state's comprehensive support of mental health and related health care priorities in Pennsylvania.

#### **Mental health in Pennsylvania:**

- **1 million** – adults in Pennsylvania have struggled with serious psychological distress at least once in 2015\*.
- **Over 27%** - of those adults had an unmet need for mental health care\*.
- **42%** - did not receive mental health care because they could not afford it\*.

(\*According to University of Southern California 2017 study)

#### **Goals of the Reach Out PA: Your Mental Health Matters initiative:**

- Strengthen Mental Health Care Access
- Combatting Mental Health Stigma
- Increasing Support and Proactive Resources for Children and Young Adults
- Preparing State Agencies and Workers to Help and Reach Out

#### **Help is available**

**If you are, or someone you know is in a crisis, call the National Suicide Prevention Lifeline at 1-800-273-8255 or text PA to 741741.**

The governor's administration is also seeking feedback on how to improve the state of mental health in the commonwealth through an online form at <https://www.governor.pa.gov/reach-out-pa-feedback-form/>

**Feedback information will not be shared without your permission and submissions may be anonymous.**