

Mental Health Care Needed for Oregon Adults With Disabilities

When adults were asked about stress, depression, and problems with emotions in the last 30 days, people with disabilities had many more bad days than people without disabilities.

Average number of bad mental health days in the last month

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

No disability	4 days
Any disability	10 days
Mobility disability	9 days
Cognitive disability	14 days

Among adults with disabilities, some groups experienced more stress, depression, and problems with emotions than others. Women with disabilities had more bad mental health days than men with disabilities. People with disabilities who are gay, lesbian, bisexual, or some other sexual orientation had more bad mental health days than people with disabilities who are straight.

Average number of bad mental health days for people with disabilities in the last month



Women - 11 days



Men - 9 days

Straight	8 days
Gay or lesbian	13 days
Bisexual	16 days
Other sexual orientation	17 days

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Suggestions to improve access to mental health care for adults with disabilities:

- Train healthcare professionals to understand disability, and remember that other characteristics like gender, sexual orientation, and others affect disability experiences and mental health.
- Share [Oregon Office on Disability and Health's training and resources](#) to help mental health professionals offer accessible care for individuals with intellectual and developmental disabilities (I/DD).
- Oregon adults with disabilities may be able to get connected to mental health care through the OODH [Linkage Project](#).
- Partner with self-advocate groups, such as [Oregon Self Advocates Coalition](#) (OSAC).



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(Data Source:
Behavioral Risk Factor
Surveillance System, 2022)