

WHY MENTAL HEALTH MATTERS

BRIDGING THE GAP FOUNDATION

1. WHAT IS MENTAL HEALTH?

Mental health is the mental, psychological, and emotional well being of an individual.



2. WHAT CAUSES MENTAL ILLNESS?

- Anxiety Disorders (19.1%)
- Depression (7.2%)
- Post-traumatic Stress Disorder (3.6%)
- Bipolar Disorder (2.8%)
- Borderline Personality Disorder (1.4%)

3. WHY IS IT INACCESSIBLE TO SOME?

- Many practices don't take insurance
- 61% who need mental health treatment are not receiving any
- Perceived barriers for treatment among rural populations are embarrassment or shame for 65% of Dallas population
- Stigmas in the Black community against treatment (63%).



4. WHAT IS BRIDGING THE GAP FOUNDATION?



The Bridging the Gap Foundation is an organization based out of Dallas, Texas that began in March 2020 with a mission to make mental health treatment options accessible to underserved individuals and families.

5. WHAT IS THE MISSION?

To provide the necessary mental health treatment to those who cannot afford it, regardless of demographics, ethnicity, geography, or socioeconomic status

FOR MORE INFO

visit <https://btgf.org/donate/>