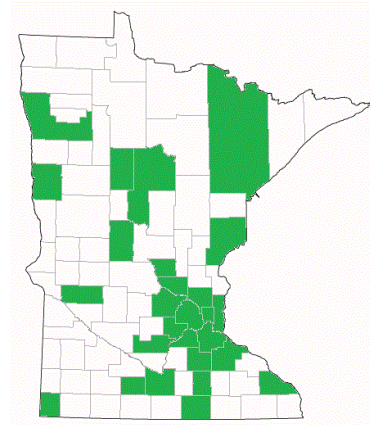


2019 Mental Health Awareness Day at the Minnesota State Fair August 26, 2019

MACSSA Asks:

Minnesota, Test Your Mental Health Awareness!



176 Total Participants

(8% out-of-state residents)

● **Areas Minnesota did well:**

85% knew that mental illnesses are very common

98% currently identified all of the symptoms of Depression

88% answered that they have a Local Advisory Council in their county

● **Areas Minnesota did "OK":**

76% correctly identified Depression as the leading cause in disability worldwide

76% knew that mental health disorders were the leading cause of disability in teenagers (though some people did flag use of chemicals or cell phones)

Make It **OK**.org

● **Areas that we can continue to grow on in Minnesota:**

50% of people correctly identified the "Make it OK" campaign, fighting mental health stigma (as opposed to the quite popular "Operation Sunshine", receiving 21% of votes and "None of the above", receiving 24%).

Only 43% of people knew that 3 out of 4 people experience mental health stigma, all others thought it was less prevalent than this.

*Survey percentages utilized in a 100/174 sample from survey taken on August 26, 2019 via SurveyMonkey