



Depression More than one out of five Northwest Indiana adults report experiencing periods of chronic depression lasting two or more years, similar to the national finding. **R**
est/Sleep

Adults in Northwest Indiana are more likely to report not getting enough rest or sleep in the past month compared to their national counterparts.

Suicide

Suicide death rates for all three counties combined compare favorably to national rates; however, suicide death rates are higher than average in Porter County.

Mental Health and Mental Disorders	US	HP2010
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% >3 Days/Month Did Not Get Enough Rest/Sleep	54.2	
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% Depressed Persons Seeking Help	40.7	50
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% >3 Days/Month Poor Mental Health	18.7	
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% Prolonged Depression (2+Yrs)	22.1	
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% Major Depression	8.4	8.5
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Age-Adjusted Suicide Deaths/100,000	10.9	5
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