Increasing Incidence of Mental Illness in America: Myth or Fact?

Discussion Questions:

1) Do you believe that the prevalence of mental illness has risen within the last decade? Why or why not?

2) Which factors have contributed to the decline in the population's mental health fitness?

3) What effect, positive or negative, have recently publicized and high-profile suicides within the celebrity community had on the public's perception of mental health generally, as well as mental illness specifically?

4) How has access, or lack thereof, to adequate healthcare impacted the rise and / or fall in the frequency of mental illness diagnoses?

5) How do you perceive the status of your own mental health after this dialogue?

Suggested Readings:

- Mental Illness is on the Rise in the U.S. for a Frustrating Reason, Health.com
- Why is Mental Illness on the Rise, anxietycentre.com
- Why Mental Health Issues are Increasing in Children, indianexpress.com
- Is Mental Illness on the Rise or Does it Just Seem That Way, verilymag.com
- Suicide Rates Rise Sharply Across the United States, New Report Shows, washingtonpost.com