



**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.

<b>Mental Health and Mental Disorders</b>	<b>US</b>	<b>HP2010</b>
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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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