



Mental and Behavioral Health

Here are four resources to review and to help support your knowledge and understanding of this topic prior to the discussion.

[Mental Health Explorer](#)

Author: HealthLandscape

The Mental Health Explorer is an interactive mapping tool focused on mental health. It provides access to data on mental health and wellness; the mental health workforce; and related social, behavioral, and health measures.

[CDC Mental Health Data](#)

Author: Centers for Disease Control and Prevention (CDC)

Information on access to mental health and mental illness surveillance data sources is provided. Data sources include the Behavioral Risk Factor Surveillance System (BRFSS), the National Health and Nutrition Examination Survey (NHANES) and the National Health Interview Survey (NHIS).

[Rural Mental Health Topic Guide](#)

Author: Rural Health Information Hub (RHIhub)

This topic guide focuses on mental health - the biological component of behavioral health - in rural areas and helps health and human services providers in their efforts to develop, maintain and expand mental health services in rural communities. It also highlights challenges and important issues in mental health care delivery, such as workforce shortages, access issues, anonymity, stigma, integration of mental health services into primary care and suicide prevention.



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Mental Health in Rural Communities Toolkit

Author: Rural Health Information Hub (RHIhub), University of Minnesota
Rural Health Research Center, NORC Walsh Center for Rural Health Analysis

This toolkit compiles evidence-based and promising models and resources to support organizations implementing mental health programs in rural communities. Learn how to develop, implement, and evaluate a sustainable rural mental health program.