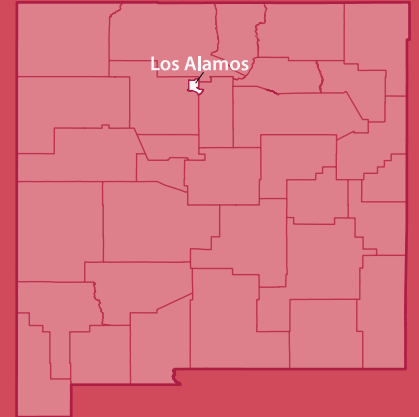


# PUBLIC HEALTH IN LOS ALAMOS COUNTY

Los Alamos County is located on the Pajarito Plateau between White Rock Canyon and the Valles Caldera and sits at 7,355 feet above sea level, with the highest peak in the county topping 10,000 feet in altitude. The county is nestled between Santa Fe, Rio Arriba and Sandoval counties and is geographically the smallest county in the state. Los Alamos County encompasses the towns of White Rock and Los Alamos. It had a population of 18,147 in 2016.

In 1942, it was chosen by the federal government as a remote location for the Manhattan Project to develop the first atomic bomb. Los Alamos National Laboratory was later established as a research facility under the Department of Energy, and serves as a hub for scientific and high tech research and product development.

High levels of education and income often set Los Alamos County apart from the rest of the state. The county is often cited as having the highest number of PhDs per capita in the nation. The county is ranked among the healthiest in the state.



## MENTAL HEALTH



The rate for **MENTAL HEALTH PROVIDERS IN LOS ALAMOS COUNTY** is **215 PROVIDERS PER 100,000**; this rate is **LOWER THAN THE STATE RATE** of 357 mental health providers per 100,000.

During 2013-2015, **19% OF SURVEYED ADULTS REPORTED HAVING** a doctor-diagnosed **DEPRESSION**.

### WHAT IS BEING DONE WITHIN THE COMMUNITY TO ADDRESS THIS HEALTH ISSUE?

- The Mental Health Access Project: Connecting to Emotional Wellbeing was launched to provide access to behavioral health resources and mental health screening tools. The project provides a website ([www.losalamosmentalhealth.org](http://www.losalamosmentalhealth.org)) which offers information about providers and phone numbers for immediate assistance. The site has been successful, with over 350 unique visits in the first 3 months.
- Los Alamos YMCA-Teen Center in partnership with the Los Alamos Juvenile Justice Advisory Board offers classes for youth to learn about healthy relationships, gender specific programming, and support groups. The YMCA hosts weekly open counseling for teens, followed by a general support group, with professional support from Mesa Vista Wellness Center. In 2016, the YMCA-Teen Center served 1,200 youth.

