

# Mental Health Awareness

National Mental Health Month raises awareness about mental illness and related issues in the United States. In recent times, attitudes towards mental health issues appear to be changing. Negative attitudes and stigma associated with mental health have reduced and there has been growing acceptance towards mental health issues and support for people with them.

**43.8 MILLION**

The number of adults that experience mental illness in a given year.

**90%**

Of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.



## Prevalence of mental illness by diagnosis:

- 1 in 100 (2.4 million) American adults live with schizophrenia
- 2.6% (6.1 million) of American adults live with bipolar disorder
- 6.9% (16 million) of American adults live with major depression
- 18.1% (42 million) of American adults live with anxiety disorders

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WAYS TO HELP WITH MENTAL ILLNESS



TALK WITH YOUR DOCTOR



CONNECT WITH OTHER INDIVIDUALS AND FAMILIES



LEARN MORE ABOUT MENTAL ILLNESS, VISIT [NAMI.ORG](http://NAMI.ORG)

## THINGS YOU CAN DO TO BENEFIT YOUR MENTAL HEALTH

Try these tips to keep your balance, or re-balance yourself:

- value yourself
- take care of your body
- surround yourself with good people
- learn how to deal with stress
- break up monotony
- avoid alcohol and other drugs
- get help when you need it

## WARNING SIGNS OF MENTAL ILLNESS



- Sleep or appetite changes
- Mood changes
- Problems thinking
- Feeling disconnected or illogical thinking
- Unusual behavior

