



MENTAL HEALTH FACTS

- A mental illness is a condition affecting a person's thinking, feeling, behavior, or mood.
- Mental health includes emotional, psychological, and social well-being.
- **1 in 5** adults live with a mental health condition.
- **1 in 6** youth and adolescents experience mental health illness.
- **50%** of life-long mental illnesses begin by age 14.
- Mental illnesses are more common than cancer, diabetes, or heart disease.
- Some common mental health disorders include: anxiety, depression, drug addiction, Obsessive-Compulsive Disorder (OCD), eating disorders, Borderline Personality Disorder, Schizophrenia, Post-Traumatic Stress Disorder (PTSD), Disruptive Mood Dysregulation Disorder, and Attention-Deficit Hyperactivity Disorder (ADHD).
- **Nearly 60%** of adults with a mental illness did not receive mental health services in the previous year.
- Substance use disorders and mental health disorders can be co-occurring.
- Mental health conditions typically go untreated because people are scared or too embarrassed to speak up.
- Some warning signs of mental illness may include: difficulty thinking or concentrating, excessive worrying or fear, extreme mood changes, changes in sleeping or eating habits, low energy, physical ailments without known cause, reckless behavior, and social isolation.
- Mental Illness is no one's fault.
- Suicide may be seen as a permanent solution to a temporary problem, and can have devastating outcomes.
- Suicide rates have increased **35%** since 1999.
- Suicide is the **10th leading cause of death overall**, the 2nd leading cause in ages 10-34, and 4th leading cause in ages 35-44.
- **90%** of people who die by suicide had shown symptoms of a mental health condition, according to interviews with family, friends, and medical professionals.
- Your Primary Care Physician can be an important resource, providing initial mental health screenings and referrals to mental health specialists. If you have an appointment with your Primary Care Physician, consider bringing up your mental health concerns and asking for help.

If you or a loved one is experiencing suicidal thoughts, contact the National Suicide Prevention Hotline at **800-273-TALK (8255)**.

Source: NAMI.org, NIMH.org

