

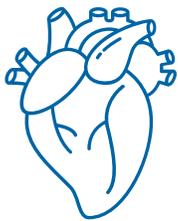
MENTAL HEALTH FACTS



nami.org/mhstats

1 IN 5 ADULTS experience mental illness each year (average 47.6 million)

1 IN 6 YOUTH aged 6 - 17 experience a mental health disorder each year



People with **DEPRESSION** **HAVE A 40% HIGHER RISK** of developing cardiovascular and metabolic diseases than the general population.

nami.org/mhstats

U.S. adults living with serious mental illness **DIE ON AVERAGE 25 YEARS EARLIER** than others, largely due to treatable medical conditions

cdc.gov/mentalhealth/learn/index.htm



People suffering from mental disorders can live productive lives with the proper treatment

who.int/whr/2001/media_centre/press_release/en/

WARNING SIGNS OF MENTAL ILLNESS

- drastic changes in mood, behavior, personality or sleeping habits
- feeling sad or withdrawn for more than two weeks
- intense worries or fears that get in the way of daily activities
- severe, out of control, risk taking behavior that causes harm to self or others
- sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- trying to harm or end one's life or making plans to do so

WHAT TO DO:

- be honest about what you're feeling and be clear about what you want
- ask for help finding a therapist or mental health specialist that works for you
- talk to a counselor, social worker, doctor/nurse or trusted friend
- continue doing what you love: reading, sports, writing, nature walks, creating art etc.

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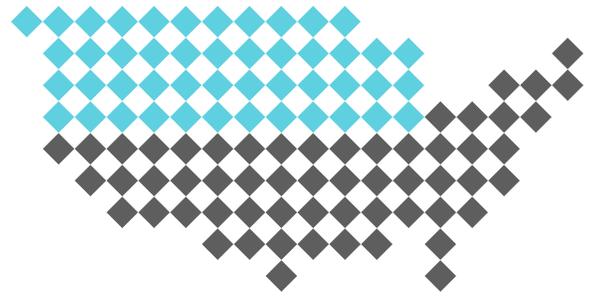
TYPES OF MENTAL ILLNESSES':

- ADHD
- Anxiety Disorders
- Bipolar Disorder
- Borderline Personality Disorder
- Depression
- Dissociative Disorders
- Early Psychosis and Psychosis
- Eating Disorders
- Obsessive-Compulsive Disorder
- Post-traumatic Stress Disorder
- Schizo-affective Disorder
- Schizophrenia

RELATED CONDITIONS

- Risk of Suicide
- Anosognosia
- Autism
- Dual Diagnosis (mental health and substance abuse)
- Self-Harm
- Sleep Disorders

nami.org/mhstats



43.3% OF U.S. ADULTS with mental illness received treatment in 2018

SUICIDE FACTS



Lesbian, gay and bisexual youth are **4X MORE LIKELY** to attempt suicide than those who identify as being straight

SUICIDE IS THE 2ND LEADING CAUSE OF DEATH among people aged 10-34

nami.org/mhstats



75% of those who die due to suicide are male

We are here to help. We have services for both adults and children, and provide rapid and thorough assessments to ensure you or a loved one have easy access to the help you need. You are not alone.

To learn more about ECHN's Behavioral Health Services please call 860.647.6800 or visit us at echn.org/services/behavioral-health.