THE IMPACT OF MENTAL ILLNESS

IN AMERICA
1 in 5 adults
1 in 10 Americans
1 in 18 children

GLOBALLY
450 million
260 million
300 million
18% of adults

THE GOOD NEWS
Almost 60% of adults
So great a portion of those
With mental health disorders
Are recovering from their illness.

COMMON TYPES
Mood disorders, anxiety,
Substance abuse disorders,
Psychotic disorders,
Personality disorders,
Eating disorders,
Impulse control disorders,
Sleep disorders,
Phobias,
Post-traumatic stress disorder (PTSD),
Schizophrenia.

THE IMPACT OF MENTAL ILLNESS

- More than 260 million people worldwide
- More than 450 million people worldwide
- 1 in 5 adults in the United States
- More than 60 million children in the United States

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OVERCOMING STIGMA

DEBUNKING THE MYTHS

MYTH: Mental illness is not a real illness.
FACT: Mental illness is just like diabetes or cancer.

MYTH: People with mental illness can’t help themselves.
FACT: Everyone needs help sometimes. Treatment works.

MYTH: Mental illness is a sign of weakness or character flaws.
FACT: Mental illness is caused by a combination of factors including genetics, biology, and environment.

MYTH: Mental illness will not go away.
FACT: With the right treatments and support, recovery is possible and full recovery is the goal.

END THE STIGMA

- Speak out against stigma.
- Know the facts. Challenge the myths and stereotypes.
- Treat people who have mental health issues like any other illness.

SELF-CARE STRATEGY

WAYS TO MIND YOUR MENTAL HEALTH

- Take care of your physical health.
- Eat a healthy diet and get regular exercise.
- Get enough sleep.
- Practice stress management techniques like yoga or meditation.
- Connect with others and build a support network.

WARNING SIGNS

- Changes in mood or behavior.
- Poor school or work performance.
- Increased use of alcohol or drugs.
- Self-harm or suicidal thoughts.
- Lack of interest in activities.

BE supportive

START A CONVERSATION

Get help and learn more about mental health from Mental Health America (MHA) www.mentalhealthamerica.net

CALL: 1-800-273-TALK (8255)

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