



Family, friends, community and me.

You are not alone. We are all in it together.

Mental health conditions impact — and connect — us all. Mental health issues can be situational, such as during a time of uncertainty or crisis, as well as chronic. As the number of people living with mental disorders continues to grow, so do the costs in terms of human misery, disability and economic loss.

PERSON

If it's not you, it's someone you know. Each year:

- 1 in 5 U.S. adults experience mental illness
- 1 in 25 U.S. adults experience serious mental illness
- 17% of 6- to 17-year-olds experience a mental health disorder

COMMUNITY

Mental health disorders cross all demographics.

- 20% of white adults
- 16% of black adults
- 15% of Asian adults
- 17% of Hispanic or Latin adults
- 27% of adults who report mixed/multiracial
- 37% of lesbian, gay and bisexual adults

FAMILY

If it's not your family, it's a family you know.

- Nearly 50% of all mental illnesses begin in childhood before the age of 14 years, and over 20% of parents have a mental illness
- At least 8.4 million people in the U.S. provide care to an adult with a mental or emotional health issue
- Caregivers of adults with mental or emotional health issues spend an average of 32 hours per week providing unpaid care

WORLD

Mental health disorders have no boundaries. Worldwide, an estimated:

- 1 in 5 youths have a mental disorder
- 264 million people live with depression, which is the leading cause of disability globally
- 45 million people live with bipolar disorder
- 20 million people live with schizophrenia
- 50 million people live with dementia

And people are not getting the treatment they need.

- More than 80% of people experiencing mental health conditions are without any form of quality, affordable mental health care.
- Globally, there is a median of 9 mental health workers per 100,000 people — varying from less than 2 per 100,000 in low-income countries to over 70 per 100,000 in high-income countries.
- In low- and middle-income countries, between 76% and 85% of people with mental disorders receive no treatment.

May is Mental Health Awareness month.

Let's work together to destigmatize situational and chronic mental health issues so people like you can help themselves, their families, their communities and the world.

For more information about mental health, visit: www.PsychHub.com/selfcare

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