

# MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month is a time dedicated to raising awareness about mental health issues, breaking down stigma and promoting support and understanding. It's an opportunity to educate communities about the importance of mental health and wellness, encouraging open conversations and access to resources for those in need. This month serves as a reminder that mental health is a crucial aspect of overall well-being and seeking help is a sign of strength.



## Tips to Boost Your Mental Health:

- Track gratitude and achievements with a journal.
- Soak up the joy of your hobbies.
- Create healthy habits like eating schedules, skincare routine, rest, exercise, etc.
- Spend time with loved ones.
- Enjoy 15 minutes of sunshine.
- Experiment with a new hobby.

Find more tips at:

[www.mhanational.org](http://www.mhanational.org)



## Mental Health Facts IN AMERICA

**Fact:** 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.

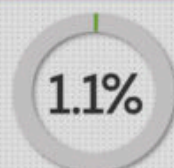


Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.

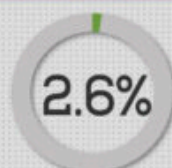


One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

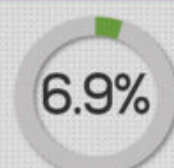
### Prevalence of Mental Illness by Diagnosis



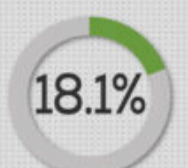
1 in 100 (2.4 million) American adults live with schizophrenia.<sup>1</sup>



2.6% (6.1 million) of American adults live with bipolar disorder.<sup>1</sup>



6.9% (16 million) of American adults live with major depression.<sup>1</sup>



18.1% (42 million) of American adults live with anxiety disorders.<sup>1</sup>