

IT IS OK NOT TO BE OK





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1. One in five Americans has experienced some form of mental illness, with one in 25 experiencing serious mental illness, such as bipolar disorder or schizophrenia



Famous people with Bipolar Disorder



2. Suicide accounts for over 800,000 deaths globally each year, with over 41,000 in the U.S. alone. It is the second leading cause of death worldwide for 15-29 year olds



Heath Ledger

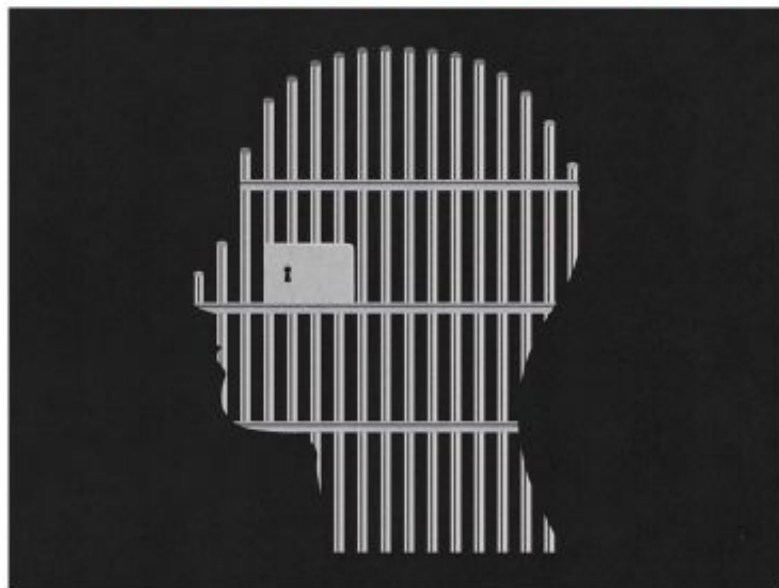


Robbin Williams

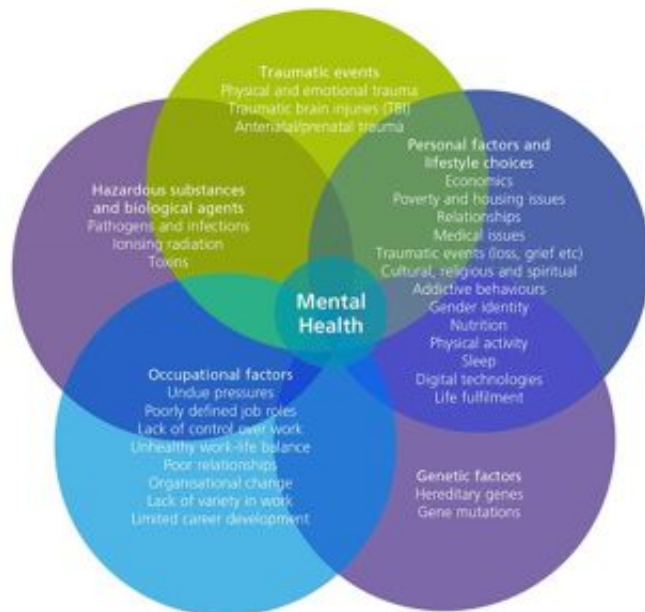
3. The rate of mental health disorders doubles for those who have been to war or lived through a major disaster



4. People with a mental health issue are generally nonviolent. In fact, only 3-5% of violent acts can be attributed to people with a serious mental illness



5. Many factors can lead to mental illness, including genetics, physical illness or injury, and traumatic life experiences



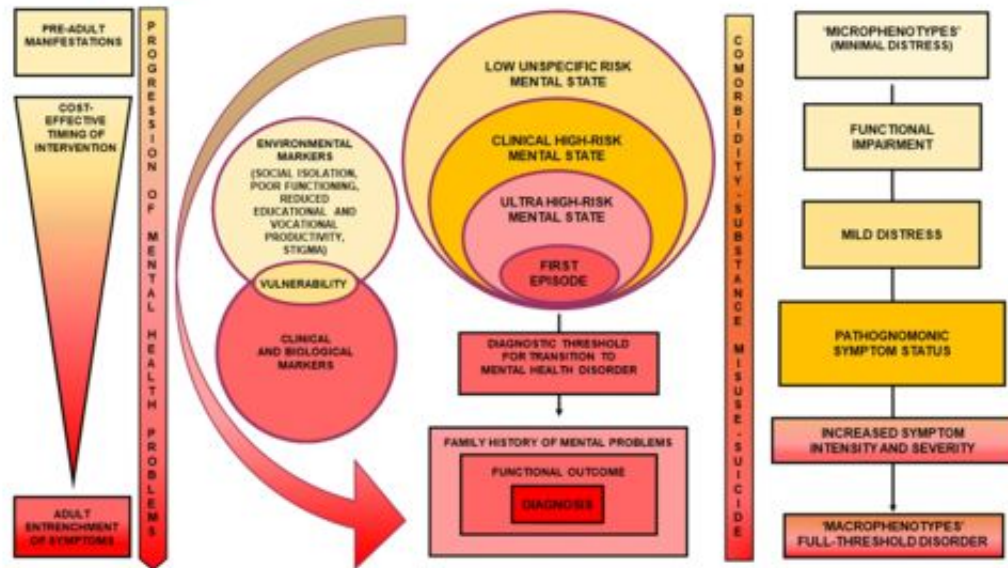
6. Many people do not seek treatment for mental illness due to the associated stigma. Only 44% of adults with diagnosable mental illnesses receive treatment



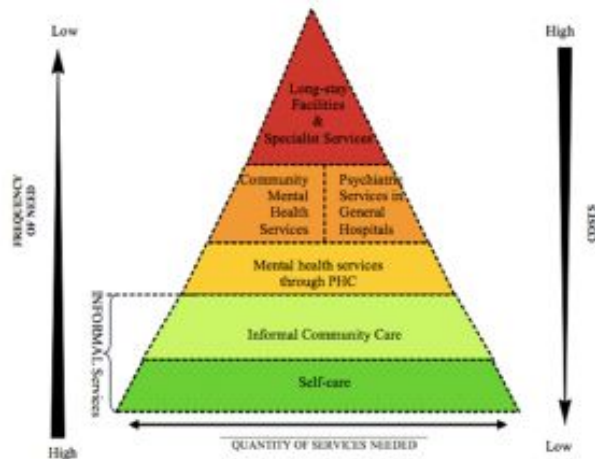
7. Treatment for mental health problems doesn't only consist of prescribed or OTC medication. Therapy, yoga, meditation and holistic treatments can all help to assuage symptoms



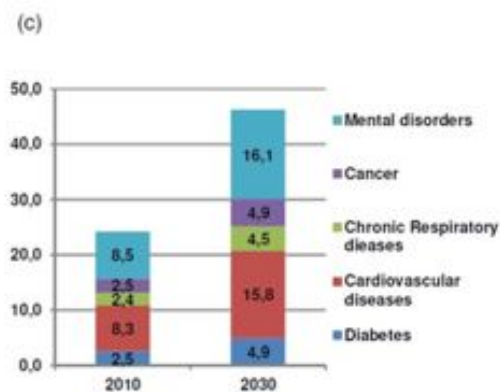
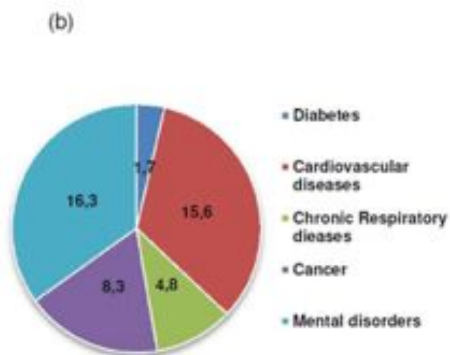
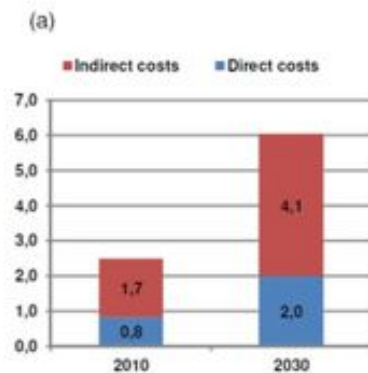
8. By addressing risk factors such as trauma, it is possible to prevent certain mental health disorders, especially in children and adolescents



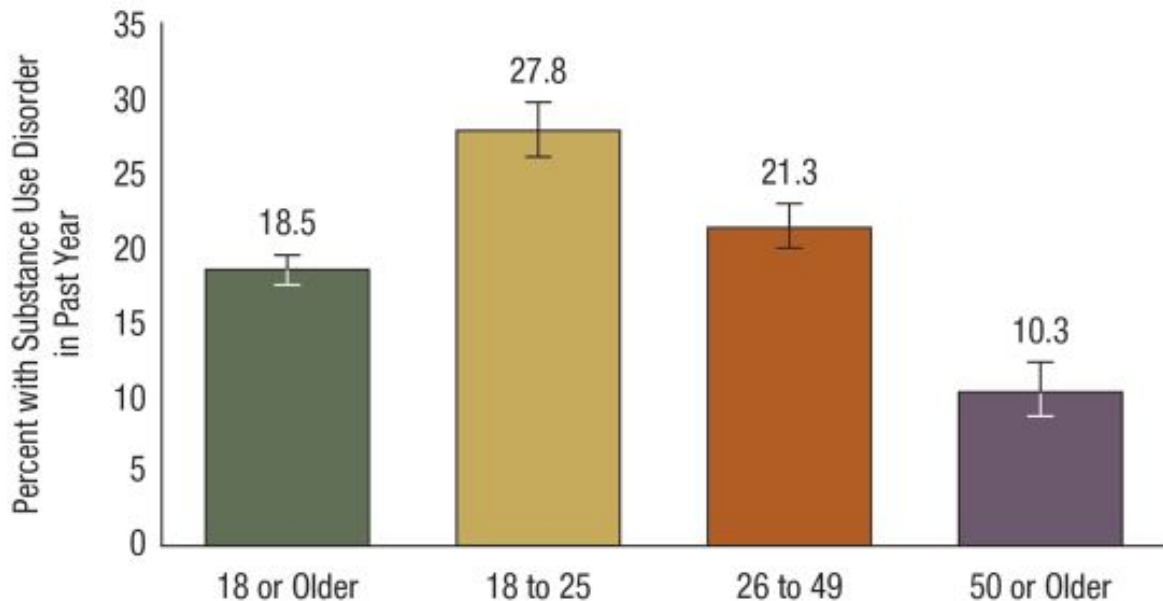
9. Improving mental health services in low- to medium-income countries is not as costly as some may think. An investment of only \$2-4 per capita would have a major impact on millions of lives



10. Each year, serious mental illnesses cost the U.S. almost \$200 billion in lost earnings



11. 50.5% of adults in the U.S. who have had a problem with substance abuse also suffer from mental illness



12. 20% of youth have a mental health condition, with one in 10 young people having experienced a period of major depression

Depression

Anxiety



13. Members of the LGBTQ community are twice as likely as straight individuals to have a mental health condition

39% of LGBTQ+ youth seriously considered attempting suicide in the past twelve months.

38-65% of transgender individuals experience suicidal ideation.

71% of LGBTQ+ youth reported feeling sad or hopeless for at least two weeks in the past year.

2 in 3 LGBTQ+ youth reported that someone tried to convince them to change their sexual orientation or gender identity.

Youth who have undergone conversion therapy are more than twice as likely to attempt suicide as those who did not.

71% of LGBTQ+ youth in our study reported discrimination due to either their sexual orientation or gender identity.

87% of LGBTQ+ youth said it was important to them to reach out to a crisis intervention organization that focuses on LGBTQ+ youth.

98% of LGBTQ+ youth said a safe space social networking site for LGBTQ+ youth would be valuable to them.

14. 70-90% of people who seek proper treatment for mental health disorders witness a significant reduction in symptoms

More than 1/2 of people with mental illness don't seek treatment

That's because stigma against people with mental illness is still very much a problem

IT'S OKAY TO ASK FOR HELP

STOP THE STIGMA

LET'S TALK ABOUT MENTAL HEALTH

 **NCA PDA**
National Council on Aging | Psychiatric Disability Advocacy

15. Most people living with mental illness lead productive lives despite their challenges





Mental Health
Awareness & Support

Hope
is the thing
with feathers
that perches
in the soul...

— Emily Dickinson