

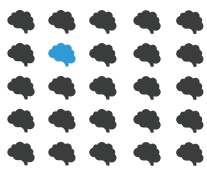
MENTAL HEALTH MATTERS

Millions of people are affected by mental illness each year. Therapy, medication, and self-care have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.



1 in 5

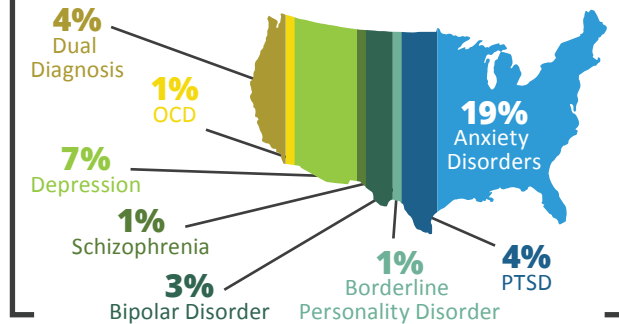
U.S. Adults experience mental illness



1 in 25

U.S. Adults experience serious mental illness

Common Mental Illnesses



YOU ARE NOT ALONE

5 Warning Signs Of Mental Illness

Extreme mood swings

Long-lasting sadness or irritability

Excessive fear, worry, or anxiety

Dramatic changes in eating or sleeping habits

Social withdrawal

How To Self-evaluate

Take a minute to slow down & do some self-reflection. Meet with your doctor or healthcare professional for a check-up.



Common Triggers Of Mental Illness



Loss



Social isolation or loneliness



Severe or long-term stress



Drug & alcohol abuse



Abuse, trauma, or neglect

WAYS TO GET HELP

Talk with a Healthcare Professional

Connect with friends & family

Join a support group

800-273-8255
National Suicide Prevention Lifeline

800-950-6264
National Alliance of Mental Illness

Data from CDC, NIMH and other select sources.



Scan here to view a video about mental health

