



HARBORVIEW  
INJURY PREVENTION  
& RESEARCH CENTER

UNIVERSITY *of* WASHINGTON

*May is...*

# MENTAL HEALTH AWARENESS MONTH



**YOU ARE NOT ALONE.**



# **Mental health vs. Mental illness**

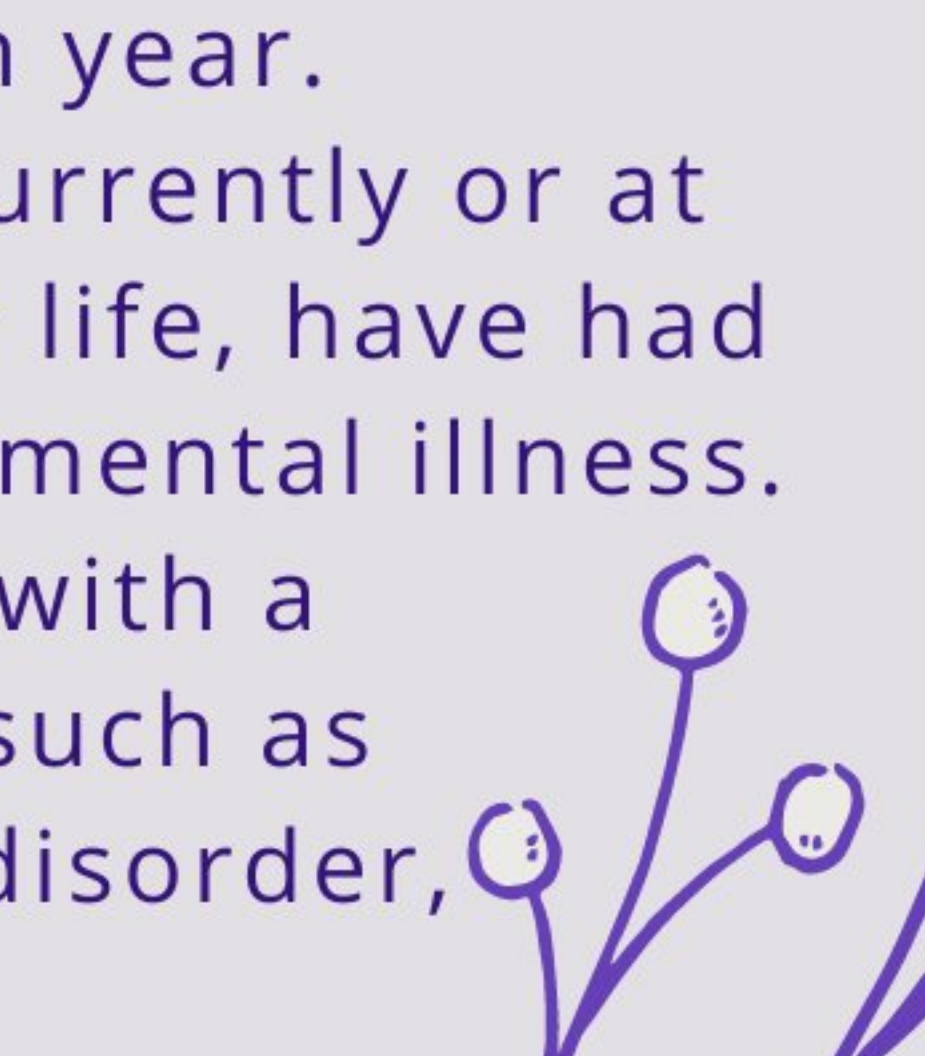
Although the terms are often used interchangeably, poor mental health and mental illness are not the same things. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.

Source: Centers for Disease Control



# How common are mental illnesses?

Mental illnesses are among the most common health conditions in the US.

- More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.
  - 1 in 5 Americans will experience a mental illness in a given year.
  - 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.
  - 1 in 25 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.
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# Resources

## RESOURCES FOR YOUTH, EDUCATORS & PARENTS

[HIPRC Mental Health Awareness](#)

[FOREFRONT Suicide Prevention](#)

[Youth Suicide Prevention Program](#)

[The Trevor Project](#)

[National Child Traumatic Stress Network](#)

[The Jed Foundation](#)

## HELPLINES

**Suicide Prevention Lifeline** 1-800-273-8255

**Substance Abuse & Mental Health Services**

**Administration (SAMHSA) National Helpline** 1-800-662-HELP (4357)

**OK2Talk Helpline Teen Helpline** 1-800-273-TALK

**Crisis Text Line** Text SIGNS to 741741 for 24/7, anonymous, free crisis counseling

