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.

Source: Centers for Disease Control
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