

# MENTAL HEALTH



GOOD MENTAL HEALTH HELPS YOU COPE WITH STRESSFUL SITUATIONS, WORK PRODUCTIVELY, AND MAKE MEANINGFUL CONTRIBUTIONS TO OUR COMMUNITY.

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OVER  
**45%**

OF TEENS SUFFER FROM A MENTAL DISORDER.



**1 IN 5** TEENS SUFFER FROM A SEVERE MENTAL ILLNESS.

THAT IS **20%** OF OUR TEEN POPULATION.

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## LEARN TO RECOGNIZE THE SIGNS OF MENTAL ILLNESS

Sometimes a depressed mood is normal, like when a person experiences the loss of a loved one.

If that depressed mood continues to get in the way of normal daily life, the person may benefit from professional care.

MENTAL ILLNESS IS A BRAIN FUNCTION DISORDER THAT CAN HAVE MANY CAUSES. IT CAN AFFECT ANYONE REGARDLESS OF...

2

**AGE**  
**GENDER**  
**SOCIAL STATUS**  
**ETHNICITY**  
**CULTURAL IDENTITY**

**MENTAL ILLNESS MAKES LIFE HARD**

4

WORK

SCHOOL

SOCIALIZING



MENTAL ILLNESS IS NOT A CHOICE OR A FAILURE.

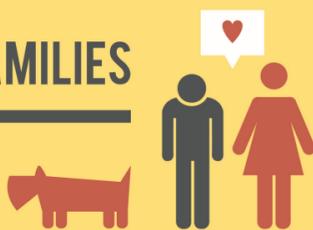
**MENTAL ILLNESS**

CAN IMPACT

OUR COMMUNITIES



FAMILIES



FRIENDS



SUICIDE IS THE SECOND LEADING CAUSE OF DEATH FOR YOUNG PEOPLE BETWEEN 10 TO 24.

IF YOU OR SOMEONE YOU KNOW MIGHT BE STRUGGLING WITH A MENTAL HEALTH ISSUE

CONSULT A HEALTH CARE PROFESSIONAL

EARLY IDENTIFICATION IS KEY TO EFFECTIVE TREATMENT OF A MENTAL HEALTH DISORDER.

IF YOU OR SOMEONE YOU LOVE IS STRUGGLING WITH MENTAL HEALTH 1.800.273.8255 | PLEASE CALL