

MENTAL HEALTH



MENTAL ILLNESS IS
NOT A CHOICE OR A
FAILURE.

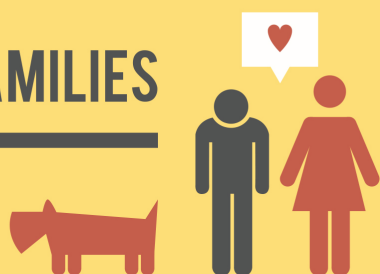
MENTAL ILLNESS

CAN IMPACT

OUR COMMUNITIES



FAMILIES



FRIENDS



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

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AGE
GENDER
SOCIAL STATUS
ETHNICITY
CULTURAL IDENTITY

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.

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

MENTAL ILLNESS
MAKES LIFE HARD



WORK
SCHOOL

SOCIALIZING

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.

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