MENTAL ILLNESS IS NOT A CHOICE OR A FAILURE.

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

- OUR COMMUNITIES
- FAMILIES
- FRIENDS

AGE

GENDER

SOCIAL STATUS

ETHNICITY

CULTURAL IDENTITY

Suicide is the second leading cause of death for young people between ten to twenty-four.

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.

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.

If you or someone you love is struggling with mental health, please call 1-800-273-8255.

For more information, go to these following links:

https://www.psychiatry.org/patients-families/what-is-mental-illness
https://www.mentalhealth.gov/basics/what-is-mental-health

Good mental health helps you cope with stressful situations, work productively, and make meaningful contributions to our community.