

Know Your Numbers

MENTAL HEALTH AWARENESS MONTH

YOU ARE NOT ALONE

Data from CDC, NIMH, and NAMI

Mental health is a state of mind characterized by emotional well-being, good behavioral adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life.

Mental Health Facts

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the 2nd leading cause of death among people aged 10-14
- 52.8% of people suffering from mental illness DO NOT seek treatment

Be Aware Of The Warning Signs

- Feeling very sad or withdrawn for more than two weeks
- Trying to harm or end one's life or making plans to do so; or risk-taking behavior
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- Significant weight loss or gain
- Excessive use of alcohol or drugs
- Drastic changes in mood, behavior, personality or sleeping habits; extreme difficulty concentrating or staying still; intense worries that interfere with daily activities.

Knowledge Is Power

If you notice any of these symptoms, it's important to ask questions.

- Understand what the person is experiencing; make a connection
- Speak with a health care professional
- Learn more about mental illness
- Take a mental health education class
- Call the NAMI HelpLine at 800-950-NAMI (6264)



Get Help

If you or someone you know is struggling or in crisis, help is available.

Call or text 988, or chat [988lifeline.org](https://www.988lifeline.org) to reach the 988 Suicide & Crisis Lifeline.

Talk to Our Pharmacists For More Information

Eagle River | Minocqua | Rhinelander | Tomahawk

