

MENTAL HEALTH FACTS



nami.org/mhstats

**1 IN 5
ADULTS**
experience mental
illness each year
(average 47.6 million)

1 IN 6 YOUTH aged 6 - 17
experience a mental health
disorder each year



People with
DEPRESSION
**HAVE A 40%
HIGHER RISK** of
developing cardiovascular
and metabolic diseases than
the general population.

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U.S. adults living
with serious
mental illness
**DIE ON
AVERAGE
25 YEARS
EARLIER**
than others,
largely due to
treatable medical
conditions

[cdc.gov/mentalhealth/learn/
index.htm](http://cdc.gov/mentalhealth/learn/index.htm)



People suffering
from mental
disorders can live
productive lives
with the proper
treatment

[who.int/whr/2001/media_
centre/press_release/en/](http://who.int/whr/2001/media_centre/press_release/en/)

WARNING SIGNS OF MENTAL ILLNESS

- drastic changes in mood, behavior, personality or sleeping habits
- feeling sad or withdrawn for more than two weeks
- intense worries or fears that get in the way of daily activities
- severe, out of control, risk taking behavior that causes harm to self or others
- sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- trying to harm or end one's life or making plans to do so

WHAT TO DO:

- be honest about what you're feeling and be clear about what you want
- ask for help finding a therapist or mental health specialist that works for you
- talk to a counselor, social worker, doctor/nurse or trusted friend
- continue doing what you love: reading, sports, writing, nature walks, creating art etc.

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TYPES OF MENTAL ILLNESSES':

- ADHD
- Anxiety Disorders
- Bipolar Disorder
- Borderline Personality Disorder
- Depression
- Dissociative Disorders
- Early Psychosis and Psychosis
- Eating Disorders
- Obsessive-Compulsive Disorder
- Post-traumatic Stress Disorder
- Schizo-affective Disorder
- Schizophrenia

RELATED CONDITIONS

- Risk of Suicide
- Anosognosia
- Autism
- Dual Diagnosis (mental health and substance abuse)
- Self-Harm
- Sleep Disorders

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43.3% OF U.S. ADULTS with mental illness received treatment in 2018

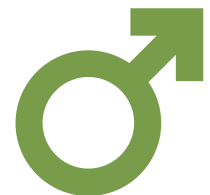
SUICIDE FACTS



Lesbian, gay and bisexual youth are **4X MORE LIKELY** to attempt suicide than those who identify as being straight

SUICIDE IS THE 2ND LEADING CAUSE OF DEATH among people aged 10-34

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75% of those who die due to suicide are male

We are here to help. We have services for both adults and adolescents (ages 12-18), and provide rapid and thorough assessments to ensure you or a loved one have easy access to the help you need. You are not alone.

For more information about behavioral health services at Waterbury HEALTH, please call (203) 573-7097; waterburyhospital.org/all-services/behavioral-health/