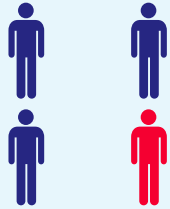


No Shame On U

Mental Shift. End Stigma. Save Lives.

THE FACTS

61,500,000.
Mental Health



The approximate number of Americans who experience a mental health disorder in a given year. That's one in four adults.

20,000,000.
Depression



Roughly the number of people in the United States that suffer from depression every year.

NATIONAL SUICIDE PREVENTION WEEK: SEPTEMBER 10-16, 2017

Suicide Rate

More than one out of every 100 people who die, die by suicide. More people die by suicide than in car accidents.

Teen Suicide

In 2015, the teen suicide rate hit a 40 year high among teen girls ages 15 to 19.

Suicide

Suicide is the 3rd leading cause of death for 15 to 24 year olds.

Sources: CDC, NIH, NIMH, Census.gov, ADAA, NAMI



If you or someone you know is in crisis, you are not alone:
Please call 1-800-273-TALK (8255) 24/7 crisis line, OR
Text 741741 for a 24/7 crisis text line - a live, trained crisis counselor receives the text and responds quickly.

UPCOMING MENTAL HEALTH EDUCATIONAL EVENT



No Shame On U's 3rd annual event features speaker **Brian Cuban**, brother of Dallas Mavericks owner and Shark Tank Shark Mark Cuban. Brian will talk about his 27 year mental health journey. He is the author of the best-selling book, Shattered Image: My Triumph Over Body Dysmorphic Disorder and the 2017 book, The Addicted Lawyer. The event will take place on Sunday night, **November 5th**, at the DoubleTree by Hilton in Skokie. Tickets start at \$20: www.nsou2017.eventbrite.com.

No Shame On U is a 501(c)(3) organization dedicated to eliminating the stigma associated with mental health conditions and raising awareness in the Jewish community and beyond so that the people who need help will seek it, family members and friends will know how to provide proper support and to save lives.