

The Mental Health Initiative Committee's

MENTAL HEALTH CORNER
End the Silence
Mental Health Matters



MAY IS
**NATIONAL
MENTAL HEALTH
AWARENESS MONTH**

Share Fast Facts

*The NAMI Teen & Young Adult (T&YA) HelpLine offers a direct connection with another young person who shares similar experiences and is prepared to offer information, resources, and support to help you move through difficult times to a better place.

*Experiencing a mental health crisis: Call, chat or text 988 to speak with a trained crisis counselor 24 hours a day, 7 days a week.

*1 in 5 U.S. adults experience mental illness each year, and only half of them receive treatment.

*1 in 20 U.S. adults experience a serious mental illness each year, and only two-thirds receive treatment.

*1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.

*50% of all lifetime mental illness begins by age 14, and 75% by age 24.

*The average delay between onset of mental illness symptoms and treatment is 11 years.

*More than three quarters of Americans (76%) say they are not content with the status of mental health treatment in this country.

*7 in 10 Americans (72%) agree that people with mental health conditions face discrimination in their everyday life.

*Only half of Americans (53%) say they are familiar with the U.S. mental health care system.

We know that God renews our mind and soul [Romans 12:2, Psalm 23:3].

He gives us peace and strength [John 14:27, Isaiah 41:10] and in Him, we can find rest [Matthew 11:28].

He works all things together for us, and He is near to those who are struggling [Romans 8:28, Psalms 34:18].