

Among U.S. ADOLESCENTS (aged 12-17):



1 in 6 experienced a major depressive episode (MDE)

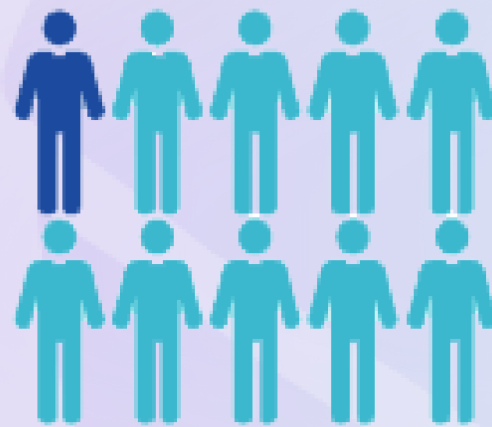
3 MILLION had serious thoughts of suicide

31% increase in mental health-related emergency department visits

Among U.S. YOUNG ADULTS (aged 18-25):



1 in 3 experienced a mental illness



1 in 10 experienced a serious mental illness

3.8 MILLION had serious thoughts of suicide

Adolescent Mental Health by the Numbers

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)

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 www.nami.org

**NAMI**
National Alliance on Mental Illness





“LOT has helped me with my mental health by giving me tools and making me have an inventory to pick out from whenever I am going through anything that is causing my balance to be unbalanced. For example, when I have anxiety I’m able to find tactics to write out things or be able to reach out to people now.”

Ariana



“Mental health is the balance between our physical, emotional, and social lifestyle.”

Ariana



How You Can Help Reduce Stigma...



Here's advice on how to talk about mental health.

WHAT TO SAY	WHAT NOT TO SAY
<p>DO separate the person from the mental health term. e.g. <i>John has schizophrenia.</i></p>	<p>DO NOT identify the person as the mental health term. e.g. <i>John is schizophrenic.</i></p>
<p>DO refer to individuals as a person with a mental illness. e.g. <i>Rose is diagnosed with bipolar disorder.</i></p>	<p>DO NOT refer to individuals as a mental illness. e.g. <i>Rose is bipolar.</i></p>
<p>DO use the terms "mental illness" or "mental health condition". Some individuals may not have a formal diagnosis or full-fledged illness where condition becomes appropriate.</p>	<p>DO NOT use "mentally ill," "mentally disabled," or "mentally handicapped". This helps to honor individuals outside of their mental illness as individuals are more than "mentally ill".</p>
<p>DO use terms such as "lives with a mental illness," "is being treated for," or "has history of". Living with a mental illness is not automatically a negative thing.</p>	<p>DO NOT use terms that suggest pity like "suffers from," "victim of," or "afflicted with". Not all individuals with a mental illness suffer from their condition.</p>



You don't have to be a medical professional to help others get their needed care and support. You can help the people in your life talk about mental health more openly and find help when needed most. Having conversations about mental health can lead to connections with professionals who can do the work of treating mental health conditions.



Let's Talk About Some Numbers

The Ripple Effect



Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

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- 19% of US adults with mental illness also have a substance use disorder
- At least 8.4 million Americans provide care to an adult with an emotional or mental illness
- 20% of people experiencing homelessness also have a serious mental illness
- 70% of youth in the juvenile justice system have at least one mental health condition
- Depression is the leading cause of disability worldwide



What Might You See?



Student appears or reports feeling irritable or impatient

Student is nervous, sad, or worried

Having trouble sleeping (*usually trouble falling asleep, or sleeping too much*)

Procrastinating or forgetfulness

Lowered energy

Difficulty relaxing

Experiencing intrusive thoughts

Showing or reporting decreased social activity






“LOT has helped me deepen and develop techniques that I can use to strengthen and improve my mental health.”

Rebekah





“Mental Health for me is understanding and finding balance between the brain and mind.”

Rebekah

