

MENTAL HEALTH AWARENESS MONTH



Mental Health is how we think, feel, and act. We all have mental health.

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel, and act, and is closely connected to our physical health.

MENTAL HEALTH DOESN'T DISCRIMINATE

Mental illness is a common human experience that can affect people from all walks of life. Millions of people are affected by mental illness each year. They can affect anyone, regardless of their:

- Prevalence by age:
 - 1 in 5 adults experience a mental health condition each year.
 - 1 in 6 youth aged 6-17 experience a mental health disorder annually.
- gender
- race
- ethnicity
- sexual orientation
- socioeconomic status
- religious beliefs

HOW TO SUPPORT FAMILY & FRIENDS

- Listen to them
- Extend invitations to social gatherings
- Let them know it is okay to ask for help
- Offer to help them in seeking help
- Let them know they are worth it
- Be by their side in times of need

STIGMA AROUND MENTAL HEALTH

- Treatment avoided or delayed
- Reduced self-esteem
- Discrimination in various areas, including employment, housing, and social interactions
- Worsening symptoms
- Increased risk of suicide
- Feelings of shame
- Believing that recovery is impossible



HOW TO GET HELP

National Alliance for Mental Illness-Cook County North Suburban: 847-716-2251

National Drug and Alcohol Treatment Hotline: 1-800-662-HELP (4357)

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or 988