

Make your Mental Health A Priority

Only a professional can help determine whether Mental Health treatment is a good option for you

Signs and symptoms of mental illness can vary, depending on the disorder, situation, and other factors. Mental illness symptoms can affect thoughts, behaviors, and emotions.

One symptom alone does not mean you have a mental illness, but several symptoms may mean you may need to reach out for help.

In 2020, 52.9 million (21.0%) of adults 18+ in the US were diagnosed with a Mental Illness

Signs that you may need to ask for help

Over 1/2 of the adults with a mental illness did not receive treatment, which equals to over 27 million adults in the U.S. who were untreated

Extreme Mood Changes

- Rapid or dramatic shifts in emotions or depressed feelings
- Excessive fear or anxiety

Excessive Changes in Behavior

- Extreme anger, hostility, or violence
- Odd, uncharacteristic, peculiar behavior

Inability to cope with daily problems or stress

- Experiencing feelings of loneliness
- Being easily overwhelmed
- Suicidal thoughts

Using Negative Coping Skills

- An increase in drinking alcohol or using drugs
- Engaging in self-harming behaviors

In 2019, 4.58% of adults report having Suicidal ideation

YOU ARE NOT ALONE!

In 2020, 1 person
died by suicide in
the US, every
11.5 minutes

Please contact a Mental Health Professional for help.

PLEASE REFER TO THE MENTAL HEALTH RESOURCE BOOKLET FOR MORE
INFORMATION

In 2020, Suicide
was the 12th
leading cause of
death in the US

Decrease in Functioning

- Changes in personal, school, work,
or home environments (i.e.)
- Failing grades
- Missing work
- Difficulty taking care of simple
home tasks or hygiene

Isolating

- Recent social withdrawal
- Loss of interest in activities
previously enjoyed

Problems Thinking

- Confused thinking or problems with
concentration, memory, or logical
thought or speech, without a known
cause
- Strange thoughts (delusions)

Sleep or Appetite changes

- Dramatic change in sleep patterns
(too much or too little)
- Appetite changes (too much or too
little)

It's OK to ask for help

You don't need to have the answer.
You just have to listen.
Mental Health shouldn't be stigmatized with silence.
Letting people talk about it can help.

**Don't be ashamed of YOUR story.
It WILL inspire others.**

If there is a
suicide every
11.5 minutes,
then there are
6+ new
individuals
impacted by
the loss of that
person every
11.5 minutes,
too

If one person dies
by suicide, 6+
individuals are
impacted by the
loss of that
person, which
equals to 275,000
people per year

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