WHAT WE KNOW ABOUT MENTAL HEALTH

• Mental and Behavioral Health Conditions include Alcohol And Substance Abuse, Anxiety Disorders, Adult Attention Deficit/Hyperactivity Disorder (ADHD/ADD), Autism, Bipolar Disorder, Depression, Eating Disorders, Obsessive-Compulsive Disorder, Postpartum Depression, Post Traumatic Stress Disorder (PTSD), Schizophrenia, Seasonal Affective Disorder, and Social Anxiety Phobia.

• One in four American adults—or more than 18% of the adult population—suffers from some sort of mental health condition.

• 4% of Americans 18 and up (more than nine million people) suffer “serious mental illness” that impedes day to day activities.

• In New York City, $14 billion dollars in estimated annual productivity losses is tied to depression and substance misuse. Nationally, serious mental illness costs the U.S. $193.2 billion dollars in lost earnings a year.

• In New York City, 41% of adults said they needed treatment at some point in the last year for a serious mental illness and either delayed or did not get any treatment at all.

• Approximately 60% of adults in the U.S. with mental illness received no mental health services in the previous year.

• Over 41,000 Americans commit suicide every year and it is the third leading cause of death for 15 to 24-year-olds and second leading cause for 24 to 35-year-olds. Depression that is untreated, undiagnosed, or ineffectively treated is the number one cause of suicide.

• In New York City high schools 8% of students reported attempting suicide.

• In New York City 35% of those in homeless shelters have a serious mental illness.

• Depression often co-occurs with other serious illnesses, such as heart disease, stroke, diabetes, cancer, and Parkinson’s disease. Because many older adults face these illnesses as well as various social and economic difficulties, health care professionals may mistakenly conclude that depression is a normal consequence of aging. It is not.

• One half of all chronic mental illness begins by the age of 14, three quarters of chronic mental illness by the age of 24. Early intervention and treatment can improve outcomes.

• Mental illness is, in part, an illness of the brain. Learning about the brain can help you understand and support treatment. Research indicates that physical changes commonly occur within the brain in mental illness.

**Lets talk about it...**
Help us turn the conversation from mental illness to mental wellness.

To learn more go to: www.mhaofnyc.org