Mental Health Awareness Month

More than 46 million adults in the U.S. are living with a mental illness...
...that's 1 in 5 adults.
And more than half have not received any form of care.

How can we make a difference?

1. Get informed.

Are you or someone you know in crisis? Call 1-800-273-TALK (8255).

Do you or someone you know have depression or anxiety?

Do you or someone you know have a problem with alcohol or other drugs?

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Address the symptoms:

Talk to a friend.

Seek help:

Get screened.

Are you depressed? Are you feeling sad or moody?

Are you anxious? Are you having trouble relaxing or feeling like you are on edge?

Are your thoughts or behaviors making it hard to function or feel safe?

Are you using alcohol or drugs to feel better or avoid feeling bad?

Are you having trouble thinking or concentrating?

Do you have thoughts of harming yourself or others?

Is your mental state interfering with a healthy and meaningful life?

Is it:

Don't wait any longer!

If you or someone you know is in crisis, call 1-800-273-TALK (8255). Go to your local Emergency Room or call 911.