MENTAL ILLNESS AWARENESS WEEK
[ October 6th, Sunday ~ 12th, Saturday ]

Mental Illness Awareness Week (MIAW) occurs during the first full week of October each year to support the National Alliance for Mental Illness (NAMI) and the movement to fight against stigma. Communities sponsor activities for public education on mental illness and provide resources.

Take Action:
Help to educate others by printing out an Infographic such as the one attached on the last page, to show how many people are affected by mental illness nationwide. Post information in places like front desks, waiting rooms, offices and cubicles, bathrooms, hallways, community boards, L-Stops, etc!

Here are websites that have printable materials!

Click Here
To access NAMI's Infographic and "Taking Charge of your Mental Health" posters!
www.nami.org

Click Here
For more tools and learn topics related to behavioral health!
www.thenationalcouncil.org

Join the Movement on Social Media!

Facebook:  Instagram:  LinkedIn:  Twitter:

- Like and Share posts from Thresholds' Social Media Pages
- Post a selfie of you wearing lime green or add “Twibbon” on your profile picture
- Share why you care about the cause or your own lived experience
- Post images that educate about mental illness and fighting against stigma

Why Care?

There is no shame in taking medication for a mental illness (medication works for 60%)
Half of all lifetime mental health conditions begin by age 14 and 75% by age 24. Early intervention programs can help.

Click this photo to add your "Twibbon!"

Show your support by

@EachMindMatters

breakthestigma

Mental Illness Awareness Month

LIME GREEN
is the National Color for Mental Illness Awareness.
Wear Lime Green to show that you are supporting Mental Illness Awareness!
What is Stigma?

Stigma is a Major Barrier for individuals with mental illness to seek recovery, treatment and high-quality care.

More than 60% of people with mental illness won’t seek the help that they need and stigma is one of the main reasons.

“’I wish people could understand that the brain is the most important organ of our body. Just because you can’t see mental illness like you could see a broken bone, doesn’t mean it’s not as detrimental or devastating to a family or an individual.” - Demi Lovato

Become an Advocate:

1) Model person-centered language with primary healthcare providers. Communicate about mental and physical health conditions as clearly as possible.

2) Advocate for integrated healthcare. Notice and support quality healthcare providers.

3) Show positive ways that emphasize how healthcare providers have an important role in the recovery process. Encourage healthcare providers to participate in anti-stigma training programs.

Know the facts:

People with mental illness are dying 25-30 years sooner than the general population. Stigma adds to already existing healthcare disparities that many individuals with severe mental illness experience. People who live with mental illness say they feel “Patronized, punished, or humiliated” in primary healthcare settings. Stigma can result in symptoms of physical conditions not being taken seriously, delays in treatment and diagnosis, or over-prescription of medications.

Resources:


Prevalence of Mental Illness by Diagnosis

- **1.1%** 1 in 100 (2.4 million) American adults live with schizophrenia.¹
- **2.6%** (6.1 million) of American adults live with bipolar disorder.¹
- **6.9%** (16 million) of American adults live with major depression.¹
- **18.1%** (42 million) of American adults live with anxiety disorders.¹

Consequences

- **10.2m** Approximately 10.2 million adults have co-occurring mental health and addiction disorders.³
- **26%** Approximately 26% of homeless adults staying in shelters live with serious mental illness.¹
- **24%** Approximately 24% of state prisoners have "a recent history of a mental health condition".²

Impact

- **$193b** Serious mental illness costs America $193.2 billion in lost earning every year.²
- **90%** 90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.?³

Treatment in America

- **60%** Nearly 60% of adults with a mental illness didn’t receive mental health services in the previous year.⁴
- **50%** Nearly 50% of youth aged 8-15 didn’t receive mental health services in the previous year.¹

Ways to Get Help

- Talk with your doctor
- Connect with other individuals and families
- Learn more about mental illness
- Visit NAMI.org

Follow Us!

Facebook.com/NAMI
Twitter.com/NAMI

*1 This document cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov
2 Statistics provided by Department of Justice.
4 Substance Abuse and Mental Health Services Administration

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**Mental Health Facts**

**IN AMERICA**

Fact: 43.8 million adults experience mental illness in a given year.

1 in 5 adults in America experience a mental illness.

Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.

One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

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18.1% (42 million) of American adults live with anxiety disorders.¹

Nearly 60% of adults with a mental illness didn’t receive mental health services in the previous year.⁴

Nearly 50% of youth aged 8-15 didn’t receive mental health services in the previous year.¹

African American & Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.¹