

# May is Mental Health Awareness Month

Mental illness affects more than 50 million people in the US. In fact, 1 in 5 adults and 1 in 6 youth (ages 6-17) experience mental illness each year (NAMI, 2022). Nearly 25% of kids will suffer from anxiety at some point during their adolescent years (ADAA, 2021).

Since mental health is an essential part of overall wellbeing, it's important to understand brain health, seek help when needed, and be a supportive community to each other.

## **It's OK to have a mental illness – many of us do.**

One in five Americans experience a mental illness each year. On average, people live with the symptoms of a mental illness for 10 years before seeking treatment, largely due to the stigma.

The sooner people get treatment, the greater their chances of recovery.

## **It's OK because it's a physical ailment – not a character flaw.**

Mental illnesses are biological conditions that can be treated, just like cancer and diabetes.

They cannot be overcome through “will power” and are not related to a person's character or intelligence.

## **It's OK because it's treatable – life can get better.**

The best treatments for serious mental illnesses today are highly effective.

In fact, more than 70 percent of symptoms are reduced and people feel better when following their treatment plans.



## **To learn more:**

Mental Illness and Common Conditions

<http://www.iowahealthieststate.com/blog/make-it-ok/common-mental-health-illness-anxiety-depression-bipolar-disorder-panic-schizophrenia-adhd/>

Tips for talking about mental illness

<http://www.iowahealthieststate.com/blog/make-it-ok/mental-illness-what-to-say-and-what-not-to-say-talking-conversation-tips/>

How to help someone in crisis

<http://www.iowahealthieststate.com/blog/make-it-ok/mental-illness-how-to-help-someone-in-crisis/>