

MENTAL HEALTH FACTS & RESOURCES

MENTAL HEALTH FACTS

Mental Health Problems Are Common in 2016:



- 44.7 Million** Adults had Mental Illness
- 16.2 Million** Adults had a Major Depressive Episode
- 3.1 Million** Youth (age 12-17) had a Major Depressive Episode



7%-12% of youth (age 12-17) had a serious emotional disturbance (**SED**) such as major depression, debilitating anxiety, or disruptive disorders

SED refers to children who have a diagnosable mental, behavioral, or emotional disorder that results in functional impairment which substantially interferes with or limits the child's role or functioning in family, school, or community activities.

ONE IN 25

Americans lived with a serious mental illness (**SMI**) such as schizophrenia, bipolar disorder, debilitating anxiety, or major depression

SMI affects individuals 18 or older who have a diagnosable mental behavioral, or emotional disorder that resulted in functional impairment which substantially interferes with or limits functioning in family, employment, or community activities.

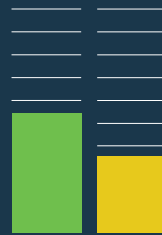
Many With Mental Health Illness **DO NOT** Receive Effective Treatment:

About **6 in 10** (60%) youth aged 12-17 with a major depressive episode **did not receive** treatment for their depression



More than half (57%) of adults with any mental illness **did not receive** mental health services

More than 1/3 (35%) of adults with serious mental illness **did not receive** mental health services



About **93%** of adults with both a mental illness and substance use disorder **did not receive** treatment



Center for Behavioral Health Statistics and Quality. (2017). Results from the 2016 National Survey on Drug Use and Health: detailed tables. Rockville, MD: SAMHSA. • Interdepartmental Serious Mental Illness Coordinating Committee. (2017). The Way Forward: Federal Action for a System That Works for All People Living With SMI and SED and Their Families and Caregivers.

INDICATORS OF MENTAL HEALTH ISSUES

- Exposure to trauma (abuse, accident, disaster or violence)
- Withdrawal from social and pleasurable activities
- Exposure to or in temporary stressful living conditions
- Poor work or school performance; unemployment or school dropout
- Eating or sleeping too much or too little
- Family history of SMI or SED
- Presence of a substance use disorder

HOW TO ADDRESS MENTAL HEALTH ISSUES

- Contact your doctor, therapist or counselor to help you cope
- Call a supportive family member or close friend
- Keep your household organized and safe
- Socialize with friends/family in positive settings
- Attend faith-based services
- Do not use of alcohol
- Exercise or engage in regular physical activity
- Practice healthy sleep and eating habit

TREATMENT IS EFFECTIVE • EVIDENCE-BASED TREATMENTS

Evidence-based treatments are based on rigorous research and have demonstrated effectiveness in achieving positive treatment outcomes. Examples of evidence-based treatments for mental health illness include:

- Cognitive Behavioral Therapy (CBT)** explores how an individual's thoughts and beliefs influence their mood and actions. CBT reduces the severity of current symptoms and reduces the risk of future episode by developing skills to challenge unwanted thoughts and tools to cope with stress or mental health symptoms.
- Prescription Medications** are important to the treatment of mental health illnesses. Medication provides relief for many people and help manage symptoms to the point that an individual can resume life activities. Medication tends to be most effective when it is used in combination with counseling and therapy.

IF YOU NEED **HELP**, HERE ARE SOME THINGS YOU CAN DO

INDICATORS OF MENTAL HEALTH ISSUES

- Call 911 if there is an emergency or immediate concern for your safety or the safety of others.
- Contact the National Suicide Prevention Lifeline (1-800-273-8255), a 24/7, free and confidential support for people in distress.
- Talk with your doctor or other health care professional. Tell them exactly how you feel and let them know how your behavior or feelings are impacting your life.
- Meet with or call a friend, family member, or spiritual advisor. Share your feelings and tell them what is causing any feelings of distress.
- Contact SAMHSA's National Helpline (1-800-662-HELP), a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- When caring for a dependent with mental health illness, contact the school or care facility (example: elderly senior center) and find out about what support services are available to support your loved one.



SAMHSA's National Helpline

1-800-662-HELP (4357) • TTY: 1-800-487-4889
<http://samhsa.gov/find-help/national-helpline>

Suicide Prevention Lifeline

1-800-273-TALK (8255) • TTY: 1-800-779-4889
<http://suicidepreventionlifeline.org>



The Behavioral Health Treatment Services Locator

Find alcohol, drug or mental health treatment facilities and programs.
<http://findtreatment.samhsa.gov>

MENTAL HEALTH RESOURCES



Understanding Child Trauma

This brochure teaches parents and caregivers about the types of traumatic stress among youth. It explains the impact of traumatic events on physical and psychological health and includes a list of resources to assist with recovery.
<http://bit.ly/UnderstandingChildTrauma>



2018 National Prevention Week Planning Guide and Resource Calendar

This planning guide and resource calendar equips communities with tools for developing National Prevention Week (NPW) events in 2018. It includes a list of health observances, event planning strategies, and SAMHSA resources.
<http://bit.ly/NPW2018Calendar>

MENTAL HEALTH FACT SHEETS FOR ADOLESCENTS AND YOUNG ADULTS

This series of fact sheets provide adolescents and young adults information on living with mental health illnesses

- **Understanding Depression**
<http://bit.ly/SMA16-5004>
- **Understanding Anxiety Disorders**
<http://bit.ly/SMA16-5010>
- **Understanding Attention-Deficit/Hyperactive Disorder**
<http://bit.ly/SMA16-5012>
- **Understanding Bipolar Disorder**
<http://bit.ly/SMA16-5008>
- **Understanding a First Episode of Psychosis**
<http://bit.ly/SMA16-5006>
- **Understanding Obsessive Compulsive Disorder**
<http://bit.ly/SMA16-5002>

MENTAL HEALTH FACT SHEETS FOR CAREGIVERS

This series of fact sheets offers guidance on how to provide support and recommendations for treatment.

- **Understanding Depression for Caregivers**
<http://bit.ly/SMA16-5003>
- **Understanding Anxiety Disorders for Caregivers**
<http://bit.ly/SMA16-5009>
- **Understanding Attention-Deficit/Hyperactive Disorder for Caregivers**
<http://bit.ly/SMA16-5011>
- **Understanding Bipolar Disorder for Caregivers**
<http://bit.ly/SMA16-5007>
- **Understanding a First Episode of Psychosis for Caregivers**
<http://bit.ly/SMA16-5005>
- **Understanding Obsessive Compulsive Disorder for Caregivers**
<http://bit.ly/SMA16-5001>

Visit www.store.samhsa.gov for additional information and resources