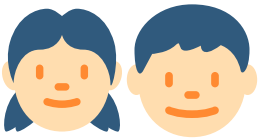
Mental Health Association in New York State, Inc.

Mental Health Fact Sheet

Mental health is a state of well-being in which you can cope with normal life stresses.

Half of all people will experience mental illness at some point in their life



Children have mental health, too.

The most common mental illness - anxiety - can begin as early as age 7.

But signs of mental illness are often mistaken for normal parts of childhood

Using alcohol or drugs may be attempts to relieve untreated mental illness

Mental illness can affect anyone

HEALTHY MINDS FOR A HEALTHY NEW YORK

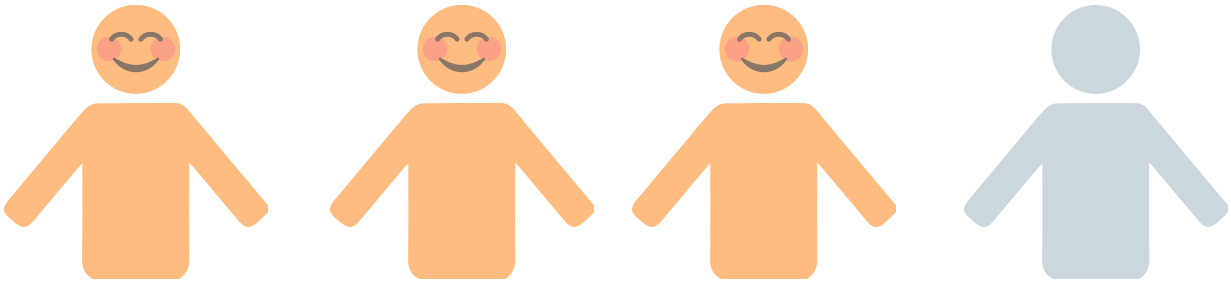
When You See the Signs, Ask for **HELP**

- Loss of enjoyment in activities
- Feeling tired, unexplained pains
- Difficulty concentrating
- Changes in appetite, sleep, mood
- Stress in relationships
- Feeling worthless, angry, guilt
- Thoughts of death or suicide

Some people wait up to **10 years** before asking for help.
But getting help **early** can improve recovery outcomes.

There is **HOPE** for Recovery

Most people (60-90%) who receive treatment have positive outcomes.



HEALING Looks Different for Everyone

Practice Self-Care in ways that are best for *you*.

Information and statistics provided by World Health Organization, NIMH, and SAMHSA.

For more information find us at
www.MHANYS.org - Facebook @MHANYSinc - Twitter @MHAacrossNYS