

Mental Health Association in New York State, Inc.

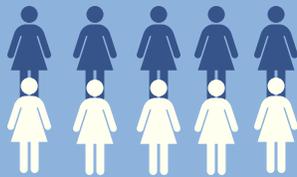
Mental Health Fact Sheet

According to the World Health Organization, mental health is defined as a state of wellbeing in which every individual realizes his or her own potential, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Fast Facts



1 in 5 American adults have mental illness



But 56% of undiagnosed individuals do not receive treatment



America loses \$191 Billion in income annually due to serious mental illness



Mental illness does not discriminate against whom it affects. Every age, race, and gender can be diagnosed

Mental health by the numbers...

- The median number of years between the onset of mental health symptoms and treatment is **10**.
- **50** percent of people with a substance use disorder have a co-occurring mental health disorder.
- The average age of onset for anxiety disorders (the most common mental health disorder) is **7**.
- The lifetime prevalence rate for any mental health disorder is **50** percent.

Mental Health Association in New York State, Inc. (MHANYS) is a non-profit organization with 26 local affiliates serving fifty counties across the state, and is an affiliate of Mental Health America (MHA). Through public education, training, advocacy, and family engagement, we are on the forefront of the fight to improve lives of individuals and families by raising mental health awareness.



HEALTHY MINDS FOR A HEALTHY NEW YORK

Know When to Ask for **HELP**

Signs & Symptoms

- Loss of enjoyment and interest in activities
- Lack of energy, feeling fatigue, or unexplained aches and pains
- Difficulty concentrating or making decisions
- Changes in appetite, sleep, and/or mood
- Strained or withdrawn relationships
- Feeling of worthlessness, anger, and/or guilt
- Thoughts of death or suicide

Risk Factors

- Family or personal history of mental health disorders
- Trauma or difficulties during childhood
- Significant life change or loss; ongoing stress and anxiety
- Medical condition, hormonal changes, and/or chronic pain
- Use or withdrawal of alcohol or drugs, including prescription medications
- Lack of social supports and coping strategies

There is **HOPE** for Recovery

Recovery is a self-defined process of change through which an individual improves health and wellness, lives a self-directed life, and strives to reach full potential. It's important to remember that recovery is possible.

60 to 90% of people who receive treatment experience positive outcomes.

Protective factors to consider when addressing mental health concerns - social supports, healthy lifestyle choices, avoiding drugs and alcohol, positive coping skills, good problem solving skills, and early intervention.

HEALING Appears Different for Everyone

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

Exercise

Eat a healthy diet

Take part in activities you enjoy

Disconnect from technology

Relax or meditate

Listen to music

Get quality sleep

Be creative

Spend time with people you enjoy

Everyone is a link in the community. To learn more:

Visit www.MHANYS.org to find out about mental health related programming, trainings, and the MHANYS affiliate network.

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

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