

*Mental Health*



*Awareness Month*

## Did you know...

... that in any given year, approximately 1 in 4 adults meet the criteria for one or more mental disorders?

... that only 36% of individuals suffering from a mental disorder are receiving treatment at any given time?

**Avoid becoming part of these statistics!**

**Your Student Assistance Program joins with Mental Health America (MHA) in celebrating May as National Mental Health Awareness Month.**

Mental illnesses are conditions, such as depression, anxiety, and mood disorders, that disrupt a person's thinking, feelings, and ability to function and relate to others. These conditions arise from a variety of factors, including one's personality, genetic makeup, and environment. Approximately 57.7 million Americans of all ages, races, and income levels are affected by mental health disorders every year, but fewer than a third receive treatment for their condition.

Untreated mental illness remains a leading cause of personal and societal losses such as disability, unemployment, school drop-out, substance abuse, homelessness, incarceration, suicide, and chronic medical conditions.

Mental illnesses are real, treatable health conditions - relief is available. Current treatments are highly effective, with 70 to 90 percent of individuals reporting significant reduction of symptoms and improved quality of life.

If you or a loved one suffers from symptoms associated with a mental illness, do not hesitate to seek help.

For more information, visit the following websites:

Mental Health America: [www.mentalhealthamerica.net/go/may](http://www.mentalhealthamerica.net/go/may)

National Alliance on Mental Illness: [www.nami.org](http://www.nami.org)

National Institute of Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov)

**Early recognition and intervention are vital components in the treatment of mental and emotional disorders.**

**Your Talk One2One Student Assistance Program is here to help.**

Please call 24/7 with your questions, problems and concerns.

**1.800.756.3124**

**[www.studenttalkone2one.com](http://www.studenttalkone2one.com)**

