

Mental Health in My Community

It's OK to talk about mental health.

Get help if you need it.

Help is available and effective.

If you know someone in need, help is available.

SAMHSA
Treatment Locator Hotline
1-877-SAMHSA7

SAMHSA
Treatment Locator
<http://www.samhsa.gov>

SAMHSA's
National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Nearly **two-thirds** of the 45 million U.S. adults over 18 years old with any mental illness went without treatment.¹

The cost of treatment for mental health issues is **equivalent** to the cost of cancer care.⁷

Mental health issues result in an estimated **\$193 billion in lost earnings**.⁸

Nearly **1 out of 4** community hospital stays involved a mental or substance use disorder.⁹

Almost **21.6 million persons** over 12 years old in the U.S. needed treatment for a substance use problem.⁵

\$247 billion annual estimated cost of mental and emotional problems among young people.¹⁰

genetics stress level
biology stressful events income
Factors that influence mental health²
social exclusion faith
access to health resources social support

1/2 of adult mental health problems **begin before age 14**.³

3/4 of adult mental health problems **begin before age 24**.⁶

Supportive and meaningful relationships help build resilience and well-being.⁴

Suicide is the **3rd leading cause of death** for youth ages 15-24.¹¹



Find more information at
<http://www.MentalHealth.gov>
Click Here for Citations

