

You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults
experience
mental illness

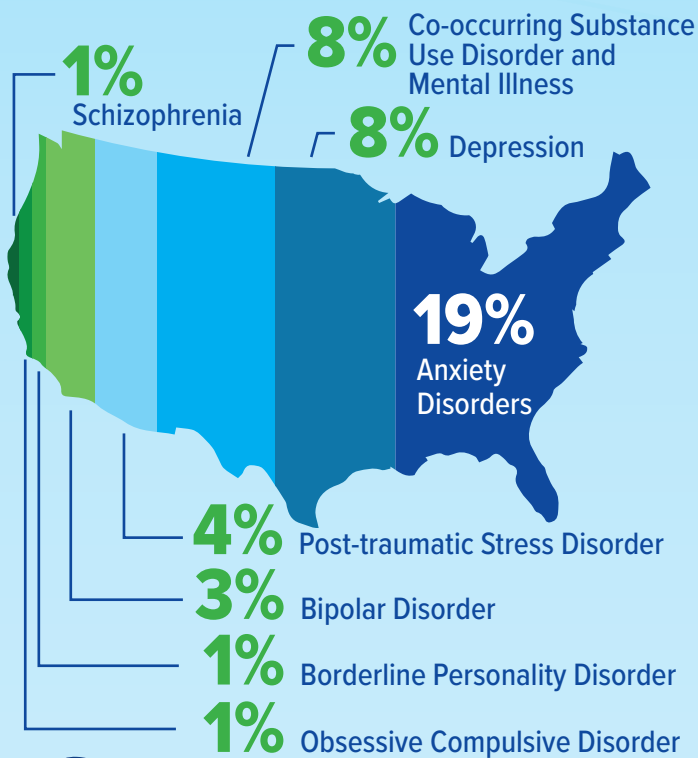
1 in 20

1 in 20 U.S. adults
experience serious
mental illness

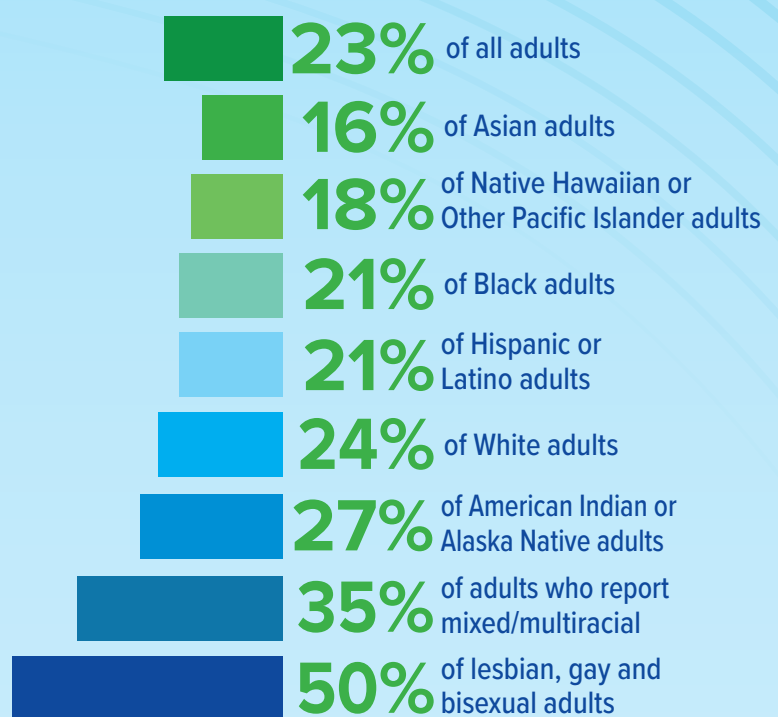
17%

of youth (6-17 years)
experience a mental
health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



WAYS TO REACH OUT AND GET HELP



Talk with a health
care professional



Call the NAMI
HelpLine at
800-950-NAMI (6264)



Connect with
friends and family



Join a support group

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

NAMI HelpLine
800-950-NAMI (6264)

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📷 NAMICommunicate

🌐 www.nami.org

 **nami**
National Alliance on Mental Illness