

Mental Health 101

Knowing the facts about mental health is essential to help reduce stigma, promote early intervention and empower individuals to seek support and understand the importance of mental well-being.

Mental health issues can **affect anyone**, regardless of age, gender, ethnicity or socioeconomic background.

1 in 5 adults in the U.S. experience mental illness each year.

Mental health is just as important as physical health and requires the same attention and care.

Anxiety disorders are the most common mental health conditions in the U.S., affecting over 40 million adults.

Depression is one of the leading causes of disability globally.

Most mental health disorders are **treatable** with therapy, medication or a combination of both.

Experiencing **trauma**, such as abuse, loss or violence, can contribute to the development of mental health disorders.

Having a **strong support network** of family, friends and community can be protective against mental health struggles.

Half of all mental health disorders manifest by the age of 14, and three-quarters by the age of 24, making **early intervention** essential.

Mental health disorders and **substance use disorders** often co-occur.

Mental health conditions cost the global economy trillions annually in lost productivity, healthcare expenses and social support needs.

Suicide is among the leading causes of death worldwide.

Employers who support **mental health programs** see improved employee satisfaction and productivity.

Mental health disorders can be genetic, though environment and life experiences are also **significant factors**.

Talking openly about mental health can help **reduce the stigma** and create safe spaces to encourage those in need to seek support.

If you are worried about your mental health, reach out to your doctor or therapist. If you aren't already connected with a professional, or if you need immediate help, contact the 988 Suicide & Crisis Lifeline for free 24/7 by calling or texting 988 or chatting [988Lifeline.org](https://988lifeline.org).