

# MENTAL HEALTH AWARENESS

UNDERSTANDING YOUR MENTAL HEALTH CAN HELP YOU  
FIND THE SUPPORT YOU NEED

## MENTAL HEALTH BASICS

- Mental health disorders like anxiety, depression, bipolar disorder and OCD impact your emotional, psychological, and social well-being



## WHO DOES THIS IMPACT

**YOU ARE NOT ALONE**

**1 in 5**



US adults experience  
mental illness

## DO YOU NEED HELP?

**Consider seeking out help** if you are experiencing the following for 2 or more weeks

- Difficulty sleeping
- Inability to regulate your mood
- A loss of interest in daily activities

## CRISIS LIFELINE

- Confidential help is available
- **If you are in a crisis**, contact the Suicide & Crisis Lifeline

**CALL OR TEXT**

**988**

