

# 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

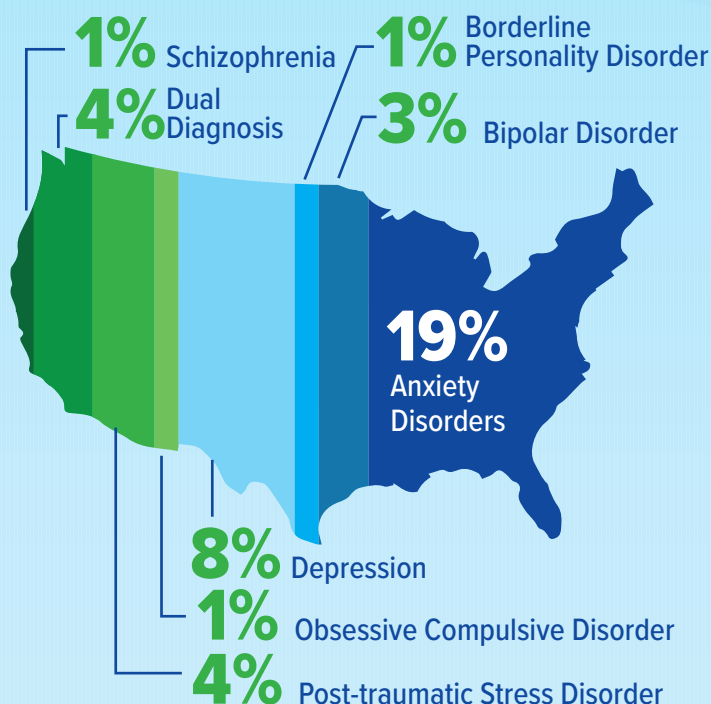
## 1 in 20

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

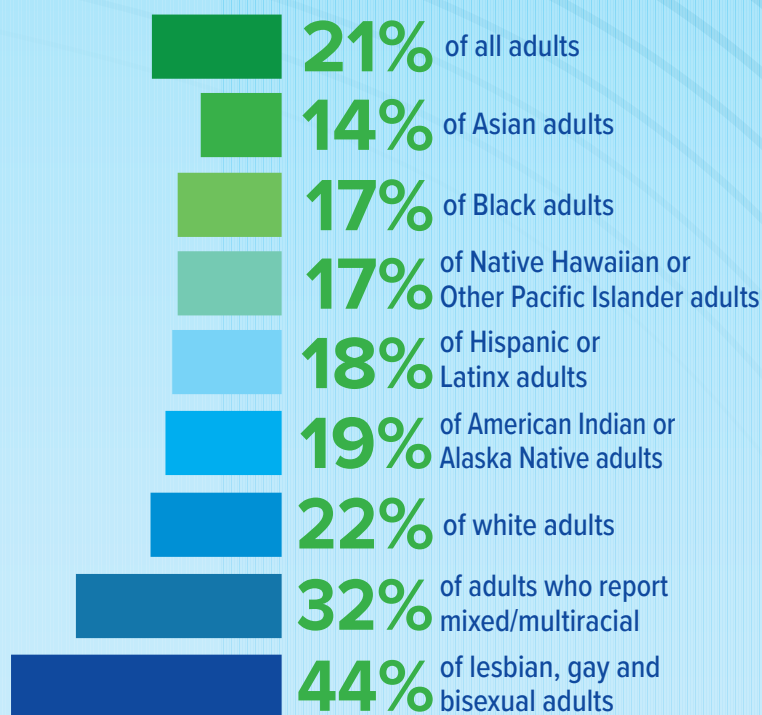
## 17%

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](http://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)

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[www.nami.org](http://www.nami.org)

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National Alliance on Mental Illness