



One in five Americans experience a mental health concern annually

More than **21 million** U.S. adults had at least one major depressive episode in the past year

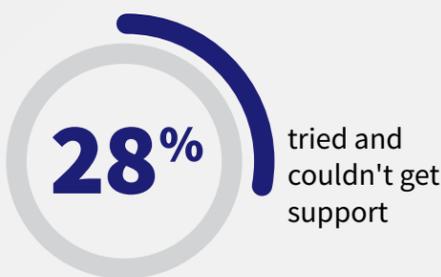
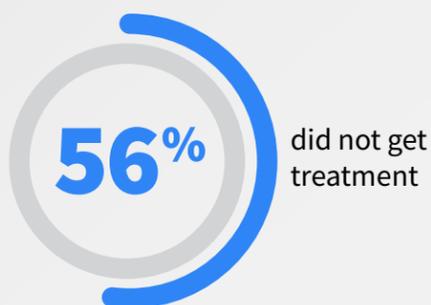
Over **40 million** adults in the U.S. have an anxiety disorder

Over **18% of adults** have a substance use disorder

Over **17% of youth** (6-17) experience a mental health disorder

Annual prevalence of mental illness among U.S. adults, by demographic group:

16%	Asian	35%	Mixed/multiracial
24%	White	16%	Native Hawaiian or other Pacific Islander
19%	Black or African-American	21%	Hispanic or Latino
19%	American Indian or Alaska Native	50%	LGBTQIA+



Depression is the **leading cause** of disability worldwide

Depression and anxiety disorders cost the global economy **\$1 trillion** in lost productivity each year

www.1in5.info

Source: National Alliance on Mental Health

Source: The World Health Organization

Source: Mental Health America



Start the Conversation

#SupportNotStigma

"Are you OK?"

Show you are listening by sitting alongside the person, maintaining an open body position and comfortable eye contact. Once you get the conversation started, demonstrate care and concern and reassure them it's going to be ok.

"I've noticed that ..."

Open the conversation by explaining behavior changes you have noticed. Then, express genuine concern.



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"Are you thinking about suicide?"

Asking a person if they have been thinking about suicide or have made plans will not increase the risk that they will complete suicide.

"Do you want to take a walk?"

Suggest going on a walk to ease into difficult conversations. This can reduce some of the nervousness and discomfort that might occur.

"How are you, really?"

Sometimes when someone says they're fine, they're not. Asking the question this way opens the door to offering extra support.