

# May is Mental Health Awareness Month

## Mental Illness Facts

- Over 25% of Americans over the age of 18, live with a mental disorder in any year.
- 10% of children and adolescents are affected by a serious mental illness.
- The World Health Organization reports that by 2020, Major Depressive Illness will be the leading cause of disability in the world for women and children.
- Only 38% of adults and less than 20% of children/adolescents experiencing a mental illness receive treatment.
- Despite recent efforts, there is still stigma attached to people with a mental illness.

## Recovery is a Reality

- Recovery is real, people do get better and lead full, productive lives.
- Treatment works.
- 80% of those with Bipolar Disorder and 65% of those with Depression, respond quickly to treatment.
- Involvement of family members and communities in the recovery process, greatly increase the chance of successful outcomes.

## How You Can Help

- Take a class to learn about mental illness and recovery support.
- Reach out, educate your friends and families. Dialogue is the key to change.
- Donate time or money to help mental health advocacy groups.
- Participate in mental health awareness events.
- Write to your elected leaders. Tell them that Mental Health matters!



Utah Division of  
**Substance Abuse and Mental Health**

[www.dsamh.utah.gov](http://www.dsamh.utah.gov)