

# 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

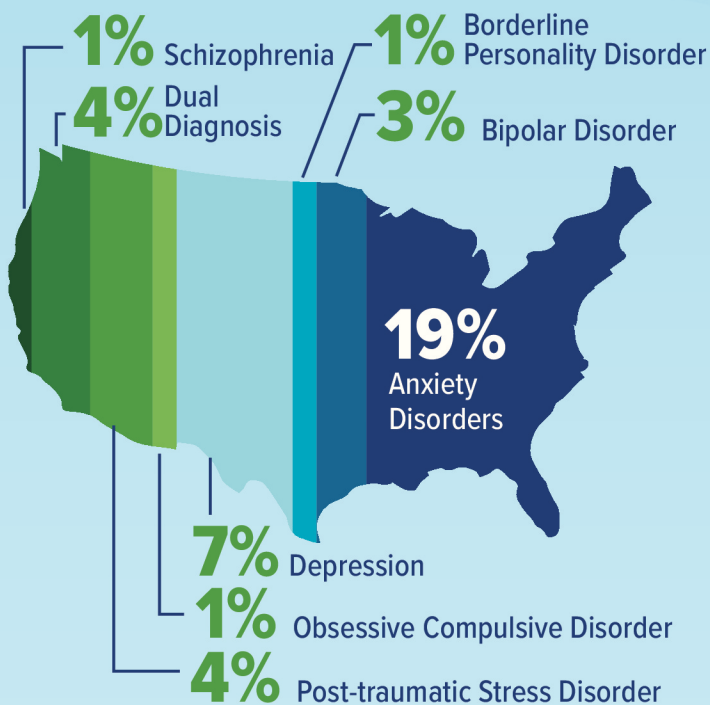
**1 in 25**

1 in 25 U.S. adults  
experience serious  
mental illness

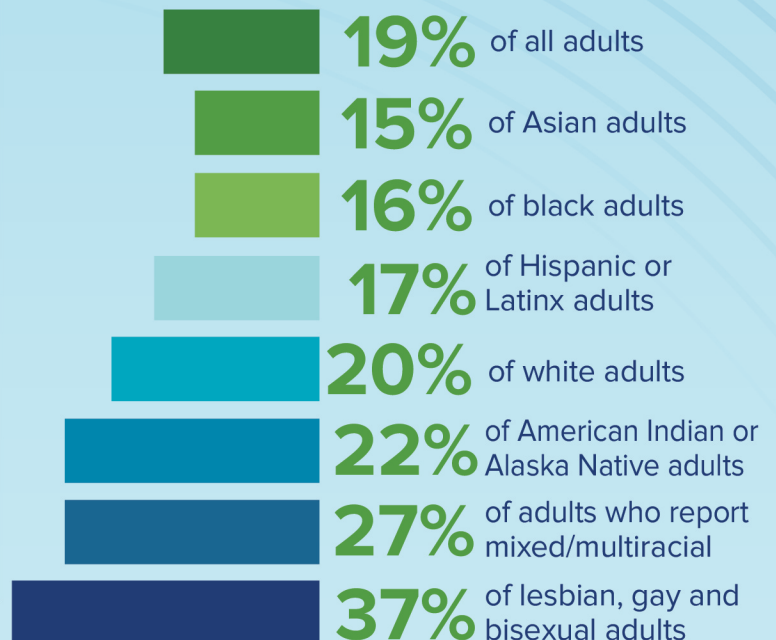
**17%**

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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📷 NAMICommunicate

🌐 [www.nami.org](http://www.nami.org)

 **nami**  
National Alliance on Mental Illness