



MAY IS MENTAL HEALTH AWARENESS MONTH

According to the CDC, "mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices."

Indicator Definitions - Mental Health | CDI | DPH | CDC. (n.d.). <https://www.cdc.gov/cdi/definitions/mental-health>

MENTAL HEALTH IS...

- something everyone has, whether positive or negative.
- not a fixed state; it changes over time.
- just as important as physical health!
- worth talking about and improving every day!

WANT MORE INFO?

Visit these resources:

- [SAMHSA.com](https://www.samhsa.com)
- [nami.org](https://www.nami.org)
- [samhsa.org](https://www.samhsa.org)
- [988lifeline.org](https://www.988lifeline.org)



MENTAL HEALTH CONDITIONS

In 2021, 22.8% of U.S. adults reported having a mental condition (57.8 million people). This represents 1 in 5 adults.

If you are living with a mental health condition, please know that you are not alone!



SUICIDAL IDEATION

Millions of adults in the U.S. experience serious thoughts of suicide, with the highest rate among multiracial individuals. The percentage of adults reporting serious thoughts of suicide is 4.84%, totaling over 12.1 million individuals.



SUBSTANCE MISUSE

The vast majority of individuals with a substance use disorder in the U.S. are not receiving treatment. 15.35% of adults had a substance use disorder in the past year. Of them, 93.5% did not receive any form of treatment.

Data sources:
1. The state of mental health in America. (n.d.). Mental Health America. <https://mhanational.org/issues/state-mental-health-america>
2. Mental health by the numbers | NAMI: National Alliance on Mental Illness. (n.d.). <https://www.nami.org/mhstats>

If you are experiencing suicidal thoughts, please dial or text the National Suicide & Crisis Lifeline at 988.

CorpCare's Employee Assistance Program is here to help! If you are interested in adding confidential, caring, professional assistance for your team, call

877.843.6036

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