Everyone has mental health.

The Centers for Disease Control and Prevention (CDC) defines mental health as:

*A state of well-being in which a person realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.*

The CDC defines mental health conditions as:

*Health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination of those) associated with distress and/or impaired functioning.*

Did you know that mental health conditions are common? **1 in 4** young adults has a mental health condition.

The percent of college students diagnosed or treated by a professional for mental health conditions in the past twelve months...

Mental health conditions are a result of a variety of factors, including **biological** and **environmental**.

**Stigma** is the number one barrier to college students seeking help.

**Raising mental health awareness with the facts helps to end stigma and to create more supportive communities.**

For citations and to learn more, visit [www.nami.org](http://www.nami.org).