

RAISING *Mental Health Awareness*

The Facts



Everyone has mental health.

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

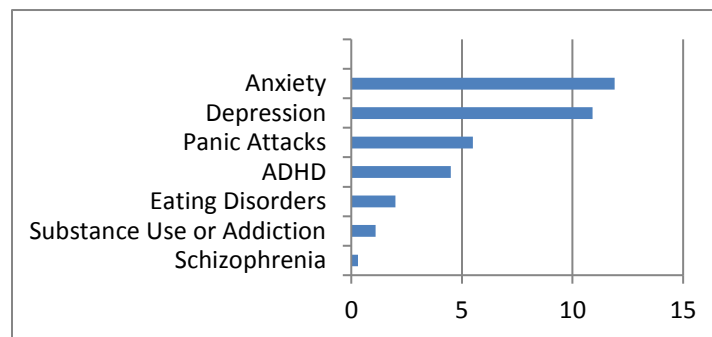
A state of well-being in which a person realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

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.

