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.

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.

Learn more at www.nami.org/aka.