



Mental Health

Awareness Month

WHAT IT IS, WHY IT'S IMPORTANT, AND HOW DEI PLAYS A ROLE

What is Mental Health Awareness Month?

- **Purpose:** To raise awareness about mental health issues, reduce the stigma surrounding mental illness, encourage Americans to seek out help and treatment
- **First acknowledgement** was in 1949
- **Began as one week in October and was moved to a whole month in May in the 1980s**
- **The green ribbon is recognized internationally as the symbol for mental health awareness**
- **This years theme is "Look Around, Look Within"**

Quick Facts



Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year. The most common mental illnesses are anxiety disorders, affecting over 40 million Americans (over 18% of the US population).



46 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, with 50% developing these conditions by the age of 14, and 75% by the age of 24.

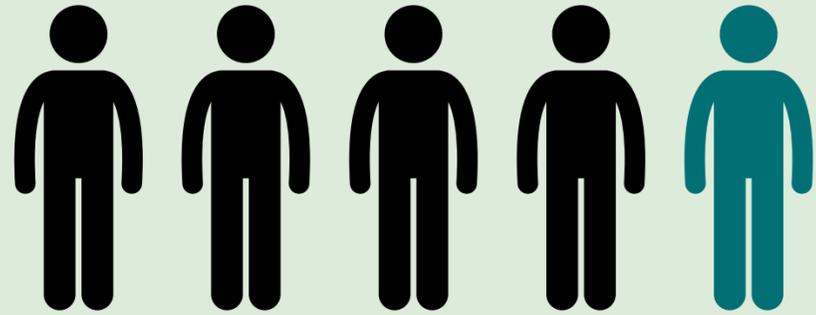


The average delay between onset of mental illness symptoms and treatment is 11 years. 56% of adults with a mental illness do not receive treatment.

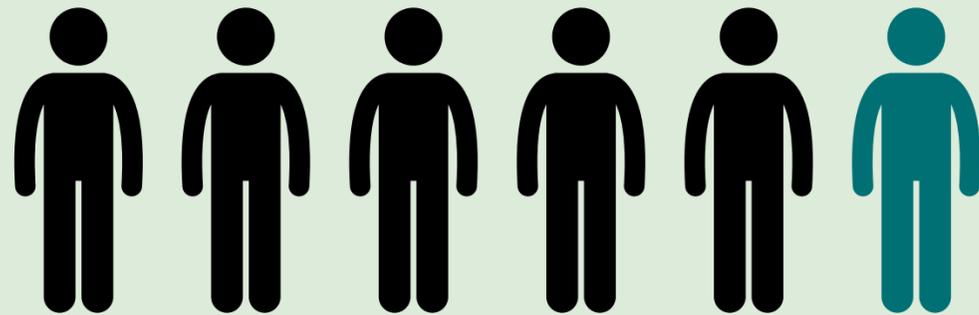


Suicide is the second-leading cause of death among people aged 10-34 in the U.S. and the 10th leading cause of death in the U.S.

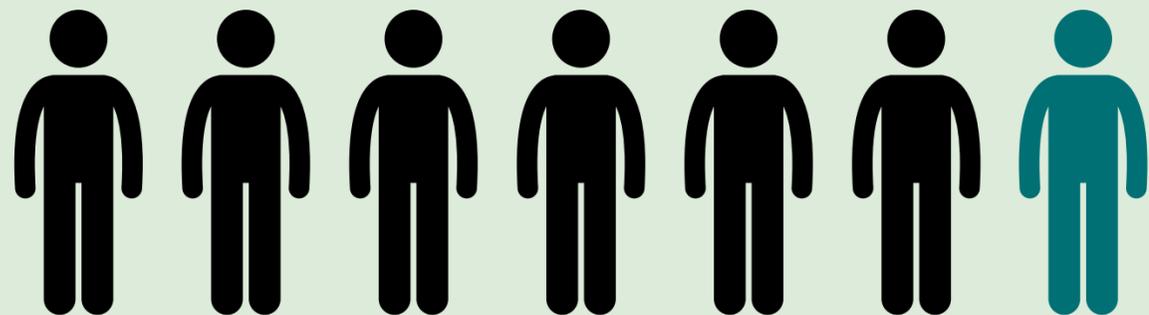
By Population



One in five adults experience a mental health disorder each year.



One in six U.S. youth (age 6-17) experience a mental health disorder each year.



Percent of youth (age 12-17) with major depression: 15% (close to 1 in 7)

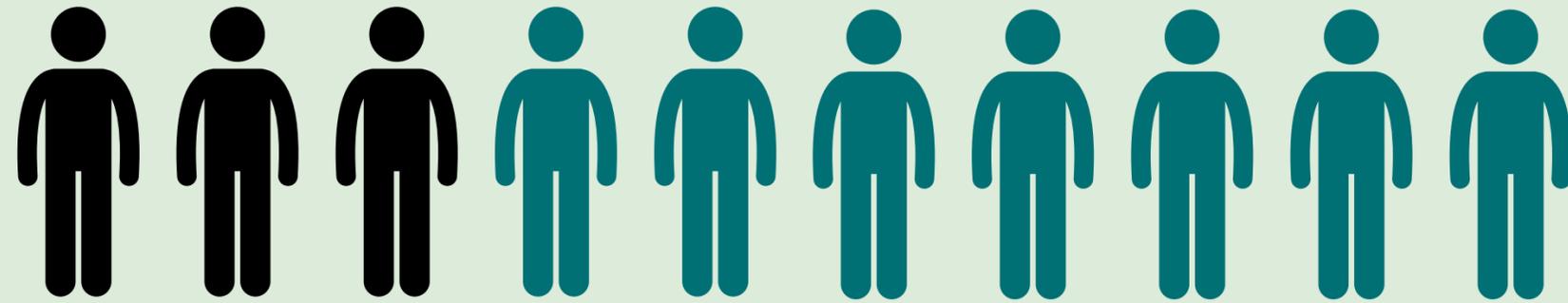
While mental illness affects us all in some way, shape, or form...

there are communities that are disproportionately affected.

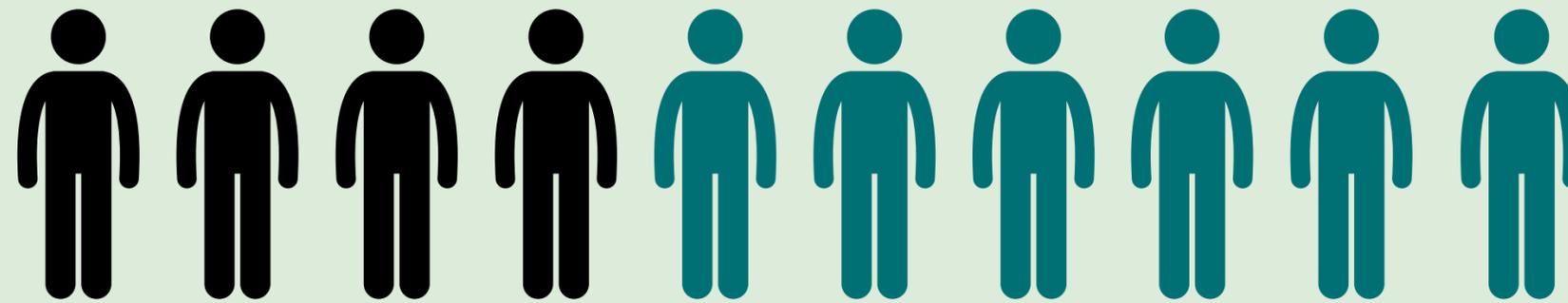
This is due to...

- Systemic issues, racism
- Lack of access
- Stigmatization in different cultures
- History of racism in the medical/psychiatric field
- Etc...

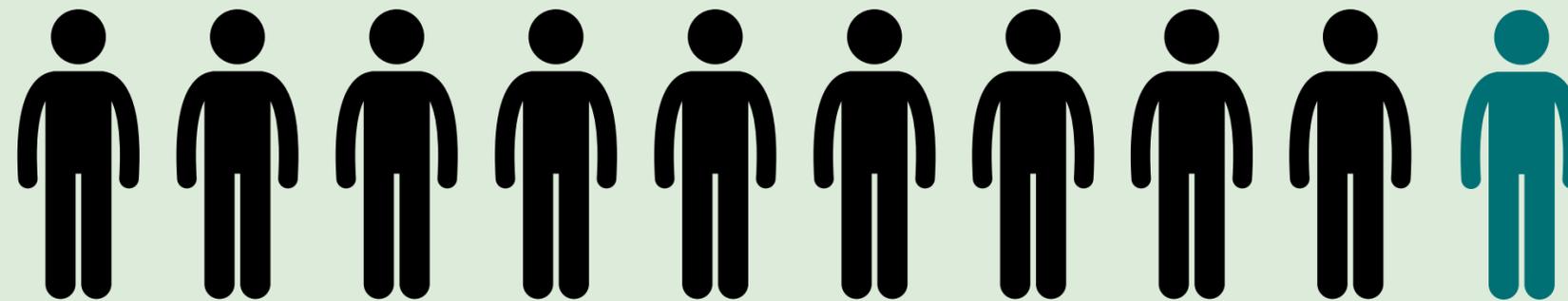
By Population cont.



More than 70% of youth in the juvenile justice system have a diagnosed mental illness.



42% of LGBTQ+ youth reported seriously considering attempting suicide in the past 12 months



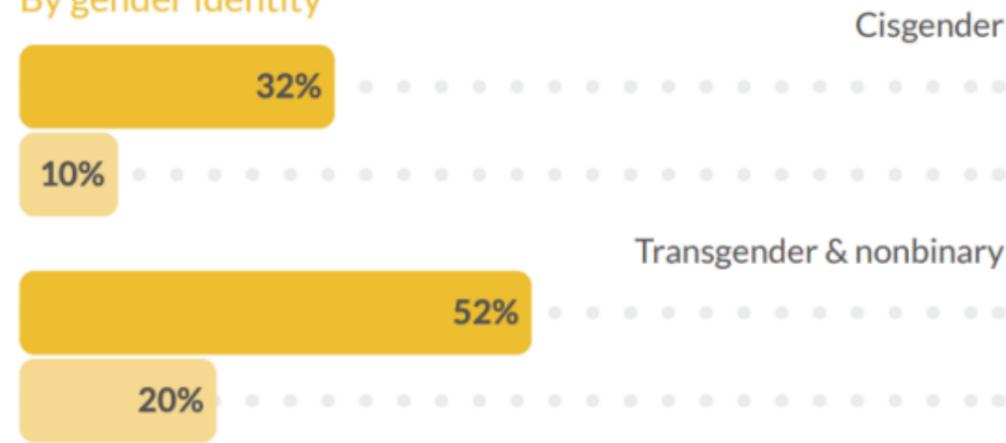
Percent of US Adults with Mental Illness who are Uninsured: 11.1%

Quick Facts by Population

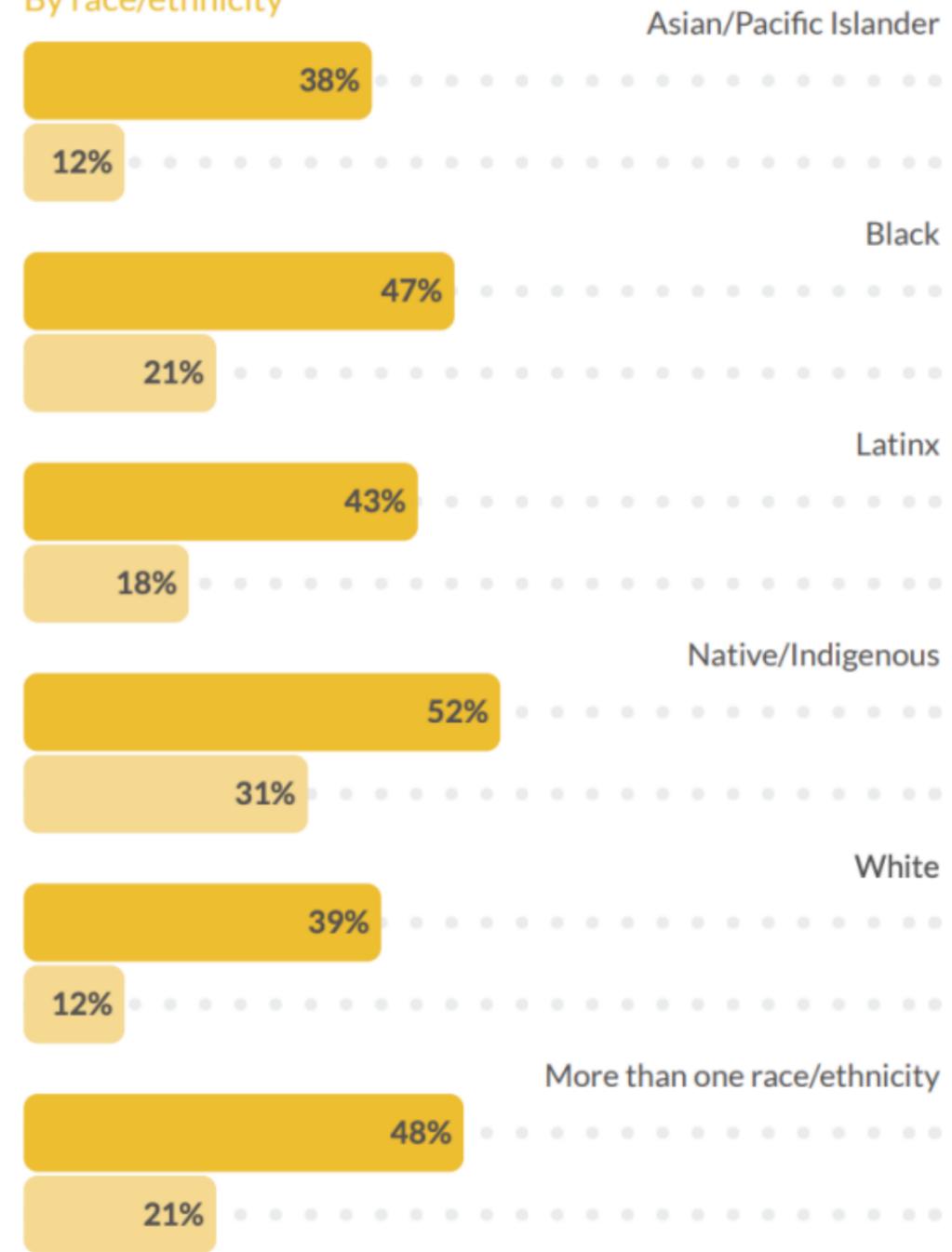
- **Percent of people who identify as being two or more races with mental illness: 25%. Noting this, people who identify as being two or more races are most likely to report any mental illness within the past year than any other race/ethnic group.**
- **Black adults are 20 percent more likely to report serious psychological distress than adult Whites.**
- **Transgender adults are nearly 12 times more likely to attempt suicide than the general population.**
- **Transgender and nonbinary youth who reported having their correct pronouns used and respected by at least one person they lived with reported half the rate of suicidal ideation**
- **LGBTQ youth who had access to gender identity affirming spaces reported lower rates of suicide**

LGBTQ youth who:
 ● Considered suicide ● Attempted suicide

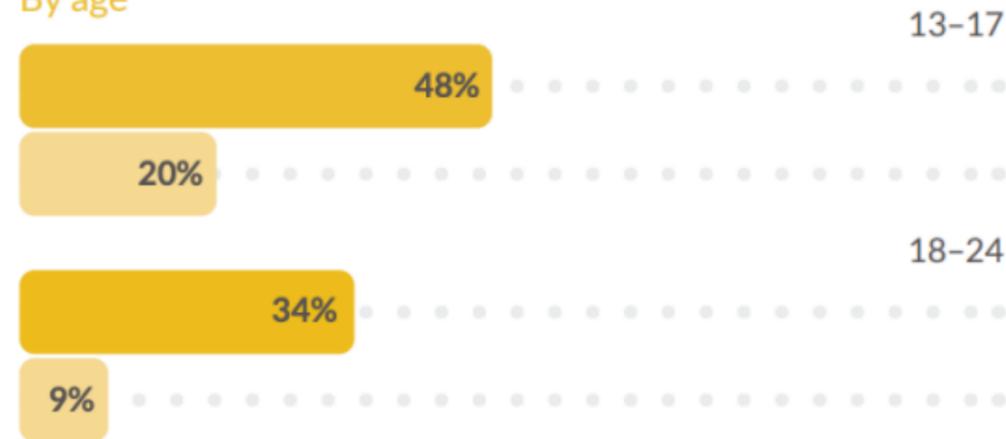
By gender identity



By race/ethnicity



By age



Look Around, Look Within

"For Mental Health Month this year, Mental Health America is encouraging individuals to look around and look within. From your neighborhood to genetics, many factors come into play when it comes to mental health conditions. We encourage everyone to consider how the world around them effects their mental health."

Resources

- **988 (Suicide Prevention Lifeline)**
- **CAPS at KU (<https://caps.ku.edu/>)**
- **Bert Nash Community Health Center (Lawrence, KS)**
- **Mental Health American (www.MHAnational.org)**
- **The Trevor Project (specific resources for LGBTQ+ community, www.TheTrevorProject.org)**
- **National Alliance on Mental Illness (NAMI, www.NAMI.org)**
- **American Foundation for Suicide Prevention (www.afsp.org)**
- **4Teen24 :) (www.4Teen24.org)**