

Nurture Your MENTAL HEALTH

Reach Out for Help With Your Mental Health



1 in 5 American adults experience mental illness.



There's an **11-year average delay** between the start of symptoms and treatment.



Only 43% of adults with mental illness seek treatment in a given year.



The overall suicide rate has **increased 31% since 2001.**

87%

of adults in the U.S. believe mental health disorders are nothing to be ashamed of.

86%

of U.S. adults agree that people with mental health disorders can get better.

87%

of Americans say we should talk more openly about suicide.



For additional resources or to find a doctor in your area, log in to your health plan's website.



www.PAISC.com