

# ask for HELP

Reaching out when you're in trouble takes courage, but it can save your life.

## RISK FACTORS FOR SUICIDAL THOUGHTS AND BEHAVIORS INCLUDE:



Depression, anxiety and other mental health conditions



Substance use disorder



Chronic pain



ONLY 42.6% OF ADULTS WITH ANY MENTAL ILLNESS RECEIVED MENTAL HEALTH TREATMENT.

## TREATMENT OPTIONS FOR MENTAL ILLNESS INCLUDE:



Psychotherapy (talk therapy)



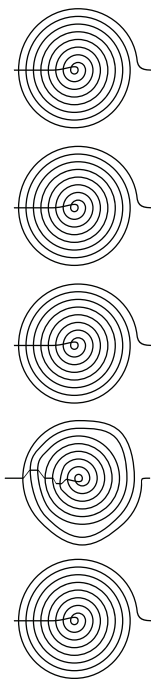
Prescription medication



Peer and social support



Complementary and alternative health approaches



ABOUT 1 IN 5 ADULTS IN THE U.S. EXPERIENCE MENTAL ILLNESS.

SUICIDE IS THE SECOND LEADING CAUSE OF DEATH AMONG PEOPLE BETWEEN THE AGES OF 10 AND 34.



82% of people who received **psychotherapy** to treat a mental health condition found it **very** or **somewhat helpful**.

DOES TREATMENT HELP?



75% of people who used a **prescription medication** to treat a mental health condition found it to be **very** or **somewhat helpful**.

You are not alone. If you are in crisis, call the toll-free National Suicide Prevention Lifeline at 800-273-TALK (8255).



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