

Mental Health Facts

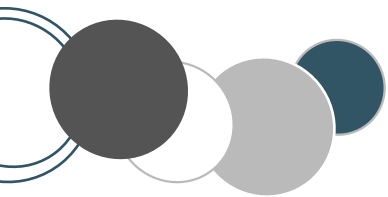


As a continued part of the MEND Program's campaign to promote Mental Health Awareness Month, we would like to present some important mental health "fast facts," courtesy of John Hopkins Medicine. Please use these to encourage discussion with your community, whether through social media or other forms of outreach.

Mental health disorders account for several of the top causes of disability in established market economies, such as the U.S., worldwide, and include: major depression (also called clinical depression), manic depression (also called bipolar disorder), schizophrenia, and obsessive-compulsive disorder (OCD).

Men commit suicide **four times** more than women. However, women attempt suicide more often than men.

26% of Americans ages 18 and older (about 1 in 4 adults) suffers from a diagnosable mental disorder in a given year.



Approximately 9.5% of American adults ages 18 and over, will suffer from a depressive illness (major depression, bipolar disorder, or dysthymia) each year.

Women are nearly **twice as likely** to suffer from major depression than men. However, men and women are equally likely to develop bipolar disorder.

While major depression can develop at any age, the average age at onset is the **mid-20s**.

Many people suffer from more than one mental disorder at a given time. In particular, **depressive illnesses tend to co-occur** with substance abuse and anxiety disorders.

Statistics provided by John Hopkins Medicine website at www.hopkinsmedicine.org

For assistance with referrals and resources, contact the MEND Program at (212) 366-7590 or email MEND@nyccbf.org. If you are thinking of hurting yourself, please call the National Suicide Prevention Lifeline at (800) 273-8255.