

# Mental Health Awareness Month

May is Mental Health Awareness Month! Take a moment to learn about current mental health statistics and Bellevue College mental health resources.

**Mental health** includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.<sup>1</sup>

## Mental Health Statistics



**1 in 5** US adults experience mental illness each year<sup>2</sup>

In 2021, **26.5 million** US adults received mental health services<sup>3</sup>

**70-90%** of individuals who receive treatment and support for mental illness experience a significant reduction of symptoms and improved quality of life<sup>4</sup>



**1 in 6** US youth (6-17) experience mental illness each year<sup>2</sup>



**50%** of all lifetime mental illness begins by age 14<sup>2</sup>



**75%** of all lifetime mental illness begins by age 24<sup>2</sup>

## Bellevue College Resources

- Bellevue College's Counseling Center offers free and confidential mental health services to students. Visit our website to learn more, access resources, or to schedule an appointment.
- Drop-in crisis counseling services are available Mon-Fri from 9 am to 4 pm in U201 for students who identify as being in imminent harm to themselves or others or are in high emotional distress.



<sup>1</sup> From CDC. (2023, April 25). *About Mental Health*. Centers for Disease Control and Prevention; U.S. Department of Health & Human Services. <https://www.cdc.gov/mentalhealth/learn/index.htm>

<sup>2</sup> From National Alliance on Mental Illness. (2023, April). *Mental Health by the Numbers*. NAMI; National Alliance on Mental Illness. <https://www.nami.org/mhstats>

<sup>3</sup> From National Institute of Mental Health. (2023, March). *Mental Illness*. NIMH: National Institute of Mental Health. <https://www.nimh.nih.gov/health/statistics/mental-illness>

<sup>4</sup> From National Alliance on Mental Illness California. (2021, July 26). *About Mental Illness*. NAMI California. <https://namica.org/what-is-mental-illness/#:~:text=The%20best%20treatments%20for%20serious,and%20psychosocial%20treatments%20and%20supports>