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 wellbeing. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.¹

Mental Health Statistics



1 in 5 US adults experience mental illness each year²

In 2021, **26.5 million** US adults received mental health services³

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

1 in 6 US youth (6-17) experience mental illness each year²



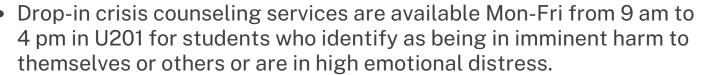
50% of all lifetime mental illness begins by age 14²



75% of all lifetime mental illness begins by age 24²

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.





¹ 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
² From National Alliance on Mental Illness. (2023, April). Mental Health by the Numbers. NAMI; National Alliance on Mental Illness. https://www.nami.org/mhstats
³ 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
⁴ 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%20

treatments%20 for%20 serious, and%20 psychosocial%20 treatments%20 and%20 supports%20 for%20 supports%20 supports%20 for%20 supports%20 for%20 supports%20 for%20 supports%20 for%20 supports%20 supports%20 for%20 supports%20 supports%



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