Drug Free Adams County

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Rays of Hope for a Better Tomorrow
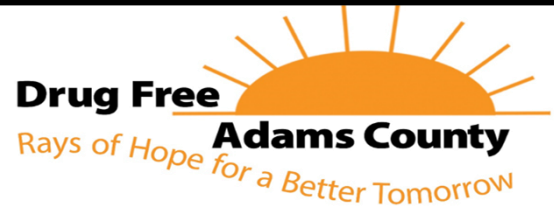
Mental Health Disorder Awareness

Did you know 1 in 5 adults have experienced a mental illness? 50% of Americans will meet the criteria for a diagnosable mental health condition sometime in their life. Half of these individuals will develop the condition by age 14, and it could take up to ten years for them to seek professional help. How we recognize and support these individuals can make all the difference.

Common Mental Health Disorders and Stigma

The three most common mental health diagnoses are depression, anxiety, and ADHD. Research shows that Indiana has the most teens with thoughts of suicide in the nation. Suicide is the second leading cause of death for youth ages 15-24, and the 10th leading cause of death for all Americans. 90% of those who die by suicide have an underlying mental illness. In addition to a mental health condition, a history of substance abuse is a primary risk factor for suicide.

Unfortunately, stigma causes people to feel ashamed of their condition and presents barriers to seeking treatment. 75% of people with a mental health disorder have experienced stigma. Of the people that need treatment, only about 19% receive it.

Ways to Help

- Be aware of your language. Labeling a person and defining them by their disease is harmful.
- Listen and be compassionate instead of passing judgment.
- Treat people with mental health issues and substance use disorders with dignity, respect, and kindness.
- For individuals who are victims of stigma, talk openly about mental health. If you share your personal story, it may help someone else find their voice.

**Mental health disorders are out of the individual's control.
Your reaction, however, is in your control.
The willingness to listen and to help rekindle hope can make all the difference.**

For more information, please visit our website: www.DrugFreeAdamsCounty.org