

A resource provided by Trinity Health Faith Community Partnerships

"Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid." John 14:27

May is Mental Health Awareness Month. Let us all strive to participate in this awareness movement, with hopes to eradicate stigma, extend support, promote public education and advocate for policies that prioritize the well-being of those affected by mental illness.

Did you know?

- 1 in 5 U.S. adults and 1 in 6 U.S. youth experience mental illness each year, and only half of them receive treatment.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- The average delay between onset of mental illness symptoms and treatment is 11 years.¹

If you or a loved one is experiencing a mental health crisis: Call, chat (scan QR code), or text 988 to speak with a trained crisis counselor 24 hours a day, 7 days a week.



References and Resources:

¹National Alliance on Mental Illness (NAMI) Mental Health Awareness Toolkit: <https://bit.ly/4aORhsN>
Mental Health America (MHA) Toolkit: <https://bit.ly/44vGzoR> or Take a Mental Health online Screening: <https://bit.ly/3UhNc9t>
Substance Abuse and Mental Health Services Administration (SAMHSA) Mental Health Awareness Toolkit: <https://bit.ly/44gg1Yr>