

what we know

Each year, we share statistics that reflect the current state of mental health.

But every day we're aware that these numbers represent our brothers and sisters, mothers and fathers, sons and daughters, and friends and colleagues. We're reminded by the people we meet, the messages we receive, and the stories they share. We're reminded that those numbers tell us of lives filled with dreams of a better tomorrow.

We believe the only way to change these numbers is to challenge the lie that says we can't talk about these issues.

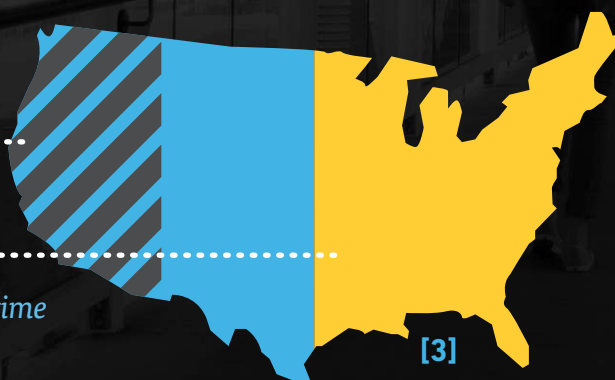
350 MILLION *People Suffer From Depression Worldwide [1]*



2/3 *of People With Depression Do Not Seek Treatment [2]*

25% OF ALL U.S. ADULTS
Have a Mental Illness

NEARLY 50% OF U.S. ADULTS
Will Develop at Least One Mental Illness During Their Lifetime



[1] World Health Organization, "Depression Fact Sheet" [2] National Alliance on Mental Illness, "Women and Depression"
[3] Centers for Disease Control and Prevention, "Mental Illness Surveillance Among Adults in the United States,"

SUICIDE

is the

2ND

Leading Cause of Death Among People Aged 25 – 34 Years

3RD

Among People Aged 15 – 24 Years

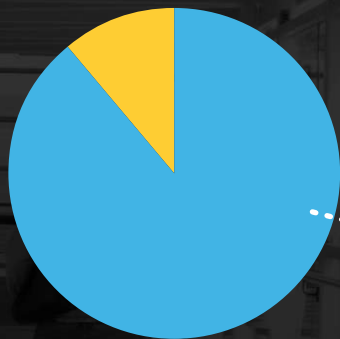
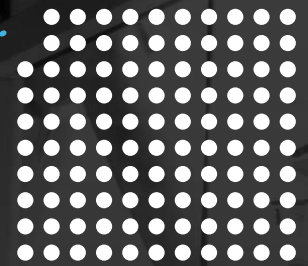
4TH

Among People Aged 35 – 54 Years

[4]

**AN AVERAGE OF 108 LIVES ARE
LOST TO SUICIDE EACH DAY** [5]

That is **1 Life Lost Every 13.3 Minutes.**



22.7 MILLION

People 12 or Older Needed Treatment for
an Illicit Drug or Alcohol Problem [6]

20.2 MILLION

of Those People Did Not Receive Treatment

**EACH YEAR, 1 IN 5 FEMALES
AND 1 IN 7 MALES ENGAGE
IN SELF-HARM.** [7]



[4] Centers for Disease Control and Prevention, "Web-based Injury Statistics Query and Reporting System" (2010)

[5] Centers for Disease Control and Prevention, "Suicide Fact Sheet" [6] SAMHSA, "National Survey on Drug Use and Health 2013"

[7] Healthy Place, "Self-Injury, Self-Harm Statistics and Facts"