



Mental Health Awareness Month (or Mental Health Month) is recognized in the United States each May and has been observed every year since 1949. **The purpose of Mental Health Month is to help eliminate the stigma associated with mental illness by raising awareness of mental health conditions and those who have them.** At Centerstone, we recognize the importance of positive mental well-being throughout the year, but use the month of May to go the extra mile to show our support for the cause.



Stats on mental health:

- Each year, millions of Americans face mental illness. In fact, **more than 51 million people experienced mental illness** in 2019.
- **1 in 5 adults** and **1 in 6 youth** experience a mental illness each year.
- It is estimated that **only 45% of adults** and **51% of children with a mental illness receive treatment.**
- **Anxiety disorders are the most common mental illness** in the U.S., affecting more than **19%** of the adult population each year.



How can you help support Mental Health Month?

- Connect with friends, family, and other individuals and **strike-up some positive dialogue about mental health** and the importance of ending the stigma.
- **Learn more about mental health** by utilizing the resources below or by talking to a mental health professional about what they do.
- **Offer support to your loved ones** when they open up to you about their struggles with mental illness.
- **Tell your story!** If you live with a mental illness, sharing your story can be a powerful way to support others who may be experiencing a similar situation.



Resources for additional information on mental health:

Centerstone: centerstone.org

National Alliance on Mental Illness (NAMI): nami.org

Mental Health America (MHA): mhanational.org

National Institute of Mental Health (NIMH): nimh.nih.gov

Substance Abuse & Mental Health Services Administration (SAMHSA): samhsa.gov

Need to talk to a mental health professional? **Call Centerstone at 1-877-HOPE123 (877-467-3123)** or visit us on the web at centerstoneconnect.org for more information.

About Centerstone

[Centerstone](http://Centerstone.org) is a not-for-profit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone also features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs. Centerstone's Research Institute provides guidance through research and technology, leveraging the best practices for use in all our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.