

## Employee Assistance Program (EAP)

### Mental Health Facts & Figures

Mental health shapes how we think, feel, and navigate our daily lives, affecting our quality of life and overall well-being. This May, in honor of **Mental Health Awareness Month**, we recognize that many Americans struggle with mental health challenges, as highlighted by the following statistics. Confidential and compassionate help is available through the resources noted below.



**More than 1 in 5 U.S. adults experience mental illness.**



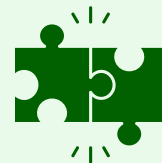
**More than 1 in 7 U.S. youth ages 6-17 have a mental health disorder.**

**1 in 20**

**More than 1 in 20 U.S. adults experience serious mental illness.**



Only **half** of those affected by mental health issues **receive treatment**. Your EAP eliminates barriers to getting help.



**34.5%** of adults with mental illness also have a **substance use disorder**. Integrated care is available.

#### WAYS TO GET SUPPORT

**988**

Call or text 988 or chat with [988lifeline.org](https://www.988lifeline.org) to reach the 988 Suicide & Crisis Line



Find a treatment provider at [findtreatment.gov](https://www.findtreatment.gov)



Join a support group or connect with friends and family



Speak to a licensed EAP mental health professional

**Help is available. Reach out to your EAP to take the first step.**