

The State of Mental Health

Behavioral health disorders are the **#1 cause of disability** worldwide. More than cancer, diabetes and heart disease.

-World Health Organization (WHO)



Using **“I”** instead of **“you”** statements can help parents **speak collaboratively** with their kids about mental health.

FACT

Addressing known risk factors can help prevent mental and behavioral disorders.



If the fit with your mental health provider is not a good one, **it's okay to move on.**

Giving voice to our goals can focus attention, control emotions and **shield us from distraction.**

-Psychologist Linda Sapadin, PhD



In a given year, **1 in 10** children in the U.S. has a mother **experiencing depression.**

-National Institutes of Health (NIH)



92%
of workers

want to work for an organization that values **their emotional & psychological well-being.**

-American Psychological Association



Social anxiety affects **15 million** U.S. adults across all ages, with symptoms beginning at age 13.

-Anxiety & Depression Association of America (ADAA)

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Mental Health Awareness Toolkit