



May is Mental Health Awareness Month. Education is essential. Take time to understand the differences. Be a lifesaver today!

FAST FACTS

Millions of people are affected by mental illness each year. Nationally, 1 in 5 U.S. adults experience mental illness, 1 in 20 U.S. adults experience serious mental illness, and 17% of youth (6-17 years) experience a mental disorder. 50% of all lifetime mental illness begins by age 14 and 75% by age 24.



In SC, 706,000 adults have a mental health condition. According to the National Alliance on Mental Illness, in February 2021, 37.6% of adults in SC reported experiencing symptoms of anxiety or depression. Over 53.2% of South Carolinians aged 12-17 with depression did not receive any care in the past year.

In SC, 220,000 adults did not receive necessary mental health care, and 47.2% of them cited cost as the reason. Additionally, 2,304,799 residents live in areas lacking sufficient mental health professionals.

WHAT YOU SHOULD KNOW

Mental health is a state of mental well-being that enables a person to handle life's normal stresses, recognize their strengths, and engage in activities like learning, working, playing, praying, and contributing to their community.

A **mental health challenge** impacts a person's ability to make decisions and build relationships. The challenge interferes with the individual's daily living and lasts longer than typical emotions or reactions or more than 2 weeks.

A **mental health illness** is a diagnosable disorder that impacts on a person's ability to make decisions and build relationships. The disorder interferes with the individual's daily living and lasts longer than typical emotions or reactions or more than 2 weeks.



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WHAT YOU CAN DO

The most significant issues faced by individuals living with mental illness are stigma and discrimination. Stigma leads people to feel ashamed and blamed for something that is beyond their control, making it difficult for them to engage socially and seek the help they need. Here are some steps you can take if you or a family member is struggling with mental illness:

- Talk openly about mental health
- Educate yourself and others about mental illness
- Be conscious of your language and actions
- Show compassion and support for those with mental illness
- Choose positive reinforcement and empowerment over Shame
- The best way you can help is being a friend

Always remember, it is essential to prioritize our well-being while supporting others. Here are some practical self-care tips:

- Practice mindfulness or meditation
- Set boundaries
- Get a good night's sleep
- Practice deep breathing
- Engage in physical activity
- Journal
- Connect with loved ones
- Maintain a healthy diet



ADULT MENTAL HEALTH FIRST AID TRAINING

Adult Mental Health First Aid is an 8-hour training to teach you how to identify, understand, and respond to signs of mental health and substance use challenges among adults. Scan the QR code or go to www.hotlifeline.org/MHFA to learn more about this **FREE**, in-person training opportunity.



Hold Out the Lifeline: A Mission To Families

Each One Can Reach One

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