

# Mental Health Association in New York State, Inc.

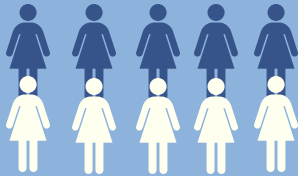
## Mental Health Fact Sheet

According to the World Health Organization, mental health is defined as a state of wellbeing in which every individual realizes his or her own potential, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

### Fast Facts



1 in 5 American adults have mental illness



But 56% of undiagnosed individuals do not receive treatment



America loses \$191 Billion in income annually due to serious mental illness



Mental illness does not discriminate against whom it affects. Every age, race, and gender can be diagnosed

### *Mental health by the numbers...*

- The median number of years between the onset of mental health symptoms and treatment is **10**.
- **50** percent of people with a substance use disorder have a co-occurring mental health disorder.
- The average age of onset for anxiety disorders (the most common mental health disorder) is **7**.
- The lifetime prevalence rate for any mental health disorder is **50** percent.

Mental Health Association in New York State, Inc. (MHANYS) is a non-profit organization with 26 local affiliates serving fifty counties across the state, and is an affiliate of Mental Health America (MHA). Through public education, training, advocacy, and family engagement, we are on the forefront of the fight to improve lives of individuals and families by raising mental health awareness.



HEALTHY MINDS FOR A HEALTHY NEW YORK

# May is Mental Health Awareness Month

## Celebrate & Participate

### **May 1st — MHANYS Mix & Mingle**

Join us for an evening of fun & celebration! Music performance by Rich Ortiz, artwork and baskets up for bid, new and old friends and so much more.

### **May 2nd — Addressing Cultural Concerns among Immigrants, Refugees, & Undocumented Immigrants Webinar**

Learn about immigrants in our New York communities – how acculturation influences mental health, what barriers to service and challenges during service exist, and how to improve cultural competence.

### **May 1st-8th — National Children's Mental Health Awareness Week**

### **May 11th — Mental Health & Wellness 101 Webinar**

The goal of this webinar is to reduce stigmatizing attitudes and beliefs by promoting a comprehensive understanding of mental health, the importance of self-care and treatment-seeking behaviors, and hope for recovery.

### **May 15th — Mental Health First Aid**

The adult Mental Health First Aid course is appropriate for anyone who wants to learn how to help an individual who may be experiencing a mental health crisis or concern.

### **May 16th — Saving Lives Through Education - Jacobi Medical Center Bronx, New York**

MHANYS staff will join Commissioner Sullivan, NYS OMH, and Commissioner Elia, NYSED, to discuss ways in which the Mental Health Education Law (effective July 2018) will reduce stigma and support treatment-seeking behaviors among NYS students.

### **May 18th — Update: Mental Health Education in Schools Webinar**

The goal of this webinar is to provide an update of implementation of the Mental Health Education Law and present strategies for schools to support the mental health and wellness of students, families and the entire educational community.

### **May 22nd — Mental Health First Aid -Capital Region Project AWARE**

This project provides training to individuals who work with (or support) transition-aged youth (16-25) within Albany, Rensselaer, Saratoga and Schenectady counties.

### **May 23th & 24th — Applied Suicide Intervention Skills Training - ASIST**

This two-day interactive workshop provides participants with the knowledge to recognize when a person is at risk for suicide and presents a model to support the individual in ensuring immediate safety to connecting them to long-term supports.

### **May 25th — Movie@MHANYS - RESILIENCE: The Biology of Stress & the Science of Hope**

This movie chronicles the birth of a new movement among pediatricians, therapists, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease.

### **May 30th — Mental Health First Aid -Capital Region Project AWARE**

This project provides training to individuals who work with (or support) transition-aged youth (16-25) within Albany, Rensselaer, Saratoga and Schenectady counties.

**Everyone is a link in the community.**

Visit [www.MHANYS.org](http://www.MHANYS.org) to register or to find out about mental health related programming, trainings, and the MHANYS affiliate network.

*Information and statistics provided by World Health Organization, NIMH, and SAMHSA.*

**For more information find us at  
[www.MHANYS.org](http://www.MHANYS.org) - Facebook @MHANYSinc - Twitter @MHAacrossNYS**