

EMPLOYEE ASSISTANCE PROGRAM

BUILDING MENTAL HEALTH AWARENESS

One in six American adults lives with a mental illness.

Chances are you know someone or have a family member who has a mental illness. Mental illnesses are common in the United States and can affect anyone regardless of age, gender, income, social status, religion, or race/ethnicity. It is a public health issue, as fewer than half of adults with diagnosable mental health problems ever receive treatment. The cost to society is high. Chronic mental health problems are associated with serious medical conditions such as heart disease, diabetes, obesity, and cancer.

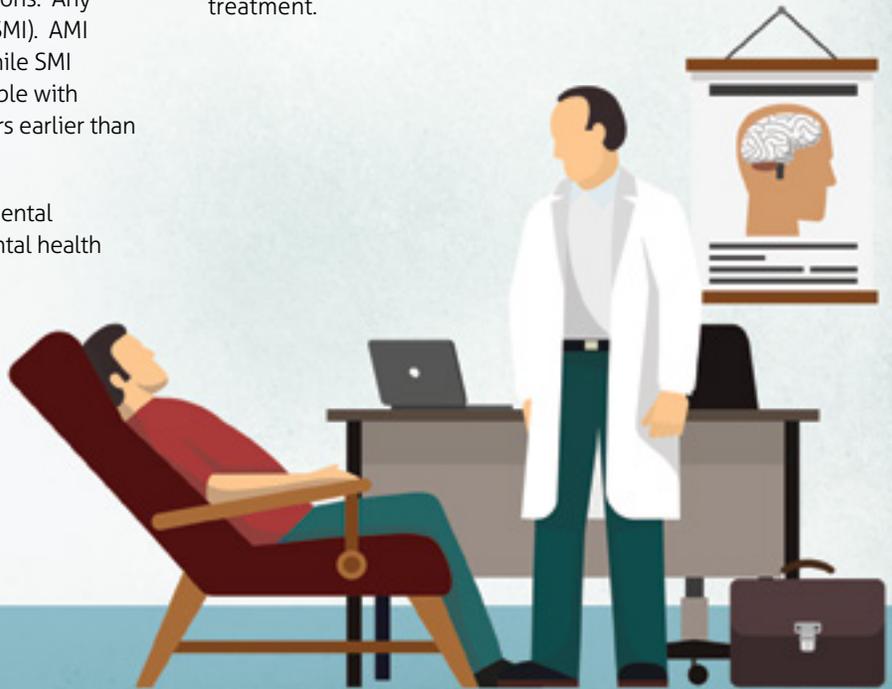
Mental illness refers to a wide range of disorders that affect mood, thinking, and behavior, and can impact a person's ability to function at home, school, or work. There are two broad categories that describe these conditions: Any Mental Illness (AMI) and Serious Mental Illness (SMI). AMI encompasses all recognized mental illnesses, while SMI is a smaller and more severe subset of AMI. People with untreated serious mental illness may die 25 years earlier than people without mental illness.

Depression and anxiety are the most common mental illnesses in the U.S, but other major types of mental health disorders include:

- Bipolar mood disorder
- Obsessive-compulsive disorder (OCD)
- Personality disorders
- Schizophrenia
- Trauma disorders
- Eating disorders

Many factors may contribute to mental health problems, including traumatic or abusive life experiences, biology, and family history of mental health problems. Unfortunately, social stigma and fear of discrimination prevents many people from seeking help. Education on mental illness can help combat stereotypes and misperceptions.

Mental illness is treatable. There are many evidence-based treatments, including certain different types of talk therapy and medication, either or both of which can help people achieve recovery and a full and satisfying life. Individuals seeking help can be referred by their Employee Assistance Program (EAP) or by primary care physicians to psychiatrists and other professionals who specialize in mental health treatment.



Source: National Institute of Mental Health