

# Making Mental Health A Priority



Nearly  
**1 in 5** Adults

in the United States live with a mental illness, yet it's estimated only half of those with mental illness ever receive treatment.

Ignoring your mental health can cause a ripple effect throughout your body and life. Knowing the signs and being aware of options for treatment and help is key to prioritizing your



## Know the Signs



Dramatic changes in eating or sleeping.



Unexplained physical ailments or pain.



Lack of energy or enthusiasm.



Strange or suicidal thoughts.



Strong feelings of anger, sadness or irritability.



Inability to function on a daily basis.



Excessive worry or anxiety.



Substance abuse.

# Find Treatment and Help



## **1-800-662-HELP (4357)**

Provides general information on mental health and can also help you locate treatment services in your area.



## **SAMHSA.gov**

Has a searchable behavioral health treatment locator.



## **NAMI.org**

Offers facilitated support groups for those living with mental illness, as well as for adults who have a family member living with mental illness.

Get help immediately if you or someone you know is thinking of self-harm or suicide: Text to the Crisis Text Line at 741741 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

*Source: National Institute of Mental*



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