

Important Mental Health and Health Care Information

Mental Health Matters

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24

The Ripple Effect

- People with depression have a 40% higher risk of developing cardiovascular and metabolic diseases than the general population. People with serious mental illness are nearly twice as likely to develop these conditions.
- 33.5% of U.S. adults with mental illness also experienced a substance use disorder in 2021 (19.4 million individuals)
- High school students with significant symptoms of depression are more than twice as likely to drop out compared to their peers
- Students aged 6-17 with mental, emotional or behavioral concerns are 3x more likely to repeat a grade.

UNITE HERE Health Center Behavioral Health & Substance Use Services

(Behavioral Health & substance use services are FREE at the health center for members and their dependents 16 yrs and older.)

- Individual therapy
- Family Therapy
- Linkage to inpatient treatment
- Referrals for community providers
- Assistance with identifying and applying for community entitlements
- Primary care provides medication management for behavioral health & substance use



A NEW CALLING CODE FOR MENTAL HEALTH EMERGENCIES

In 2020, Congress designated **988** as the new **free, 24/7** and **confidential** calling code for the Suicide & Crisis Lifeline.

CONNECT



Call or text 988 or chat on 988lifeline.org

GET HELP



Be connected to a trained crisis counselor

FIND HOPE



Find the help and hope you need

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, call 988 for compassionate support. **There is HOPE. You are not alone. Just call, text or chat 988.**

For more information, visit 988lifeline.org →

