Mental Health Resources

You Are Not Alone

- **1 in 5** U.S. adults experience mental illness each year
- **1 in 25** U.S. adults experience serious 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
- Suicide is the **2nd** leading cause of death among people aged 10-34

(“Mental Health by the Numbers,” National Alliance on Mental Health: [nami.org/mhstats](http://nami.org/mhstats))
Hotlines / Phone Numbers

Help is available 24/7

- **1-800-273-TALK (8255)**
  or text TALK to 741741
  National Suicide Prevention Lifeline

- **1-800-662-HELP (4357)**
  Substance Abuse and Mental Health Services Administration

- **1-888-333-2377**
  The American Foundation for Suicide Prevention

- **1-800-799-7233**
  or text LOVEIS to 22522
  The National Domestic Violence Hotline

- **1-800-950-6264**
  or text NAMI to 741741
  National Alliance on Mental Illness

- Text HOME to 741741
  Crisis Text Line

- **1-888-733-7753**
  Michigan Department of Health and Human Services

Online Resources

- [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
  National Suicide Prevention Lifeline

- [adaa.org](http://adaa.org)
  Anxiety and Depression Association of America

- [nami.org](http://nami.org)
  National Alliance on Mental Illness

- [nimh.nih.gov](http://nimh.nih.gov)
  National Institute of Mental Health

- [michigan.gov/mdhhs](http://michigan.gov/mdhhs)
  Michigan Department of Health and Human Services

- [mentalhealth.gov](http://mentalhealth.gov)

- [mentalhealthfirstaid.org/mental-health-resources](http://mentalhealthfirstaid.org/mental-health-resources)

- [psychologytoday.com](http://psychologytoday.com)

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