

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)





Hotlines / Phone Numbers

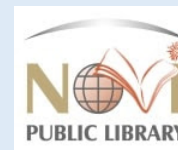
Help is available 24/7

- **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
National Suicide Prevention Lifeline
- adaa.org
Anxiety and Depression Association of America
- nami.org
National Alliance on Mental Illness
- nimh.nih.gov
National Institute of Mental Health
- michigan.gov/mdhhs
Michigan Department of Health and Human Services
- mentalhealth.gov
- mentalhealthfirstaid.org/mental-health-resources
- psychologytoday.com



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04/20 SV