

# The State of Mental Health



Up to **1 in 7** mothers experience postpartum depression following childbirth.

- National Institutes of Health

Men, older adults and **military service members** face particularly steep barriers to mental health care.



**35%** of adults over 18 in the U.S. with a **mental disorder** also have a **substance use disorder**.



- Substance Abuse and Mental Health Services Administration (SAMHSA)

**Half** of children with parents who have a severe mental illness will **also develop a mental illness** in their life.

- National Institutes of Health



Behavioral health disorders are the **#1 cause of disability** worldwide. More than **cancer, diabetes, and heart disease**.



- World Health Organization (WHO)

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**Mental Health Awareness Toolkit**