

The State of Mental Health Awareness



Up to **1 in 7** mothers feel depressed after having a baby.

— National Institutes of Health



Behavioral health problems are the **top cause of disability** in the world. They cause more disability than **cancer, diabetes or heart disease.**

— World Health Organization (WHO)

About **35%** of adults in the U.S. who have a **mental health disorder** also have a **substance use disorder.**



— Substance Abuse and Mental Health Services Administration (SAMHSA)

Half of all children who have a parent with a serious mental illness **will also have a mental illness at some point.**

— National Institutes of Health



92% of workers want a job where their **mental well-being is valued.**

— American Psychological Association



Men, older adults and military service members often **face big challenges** when trying to get **mental health care.**



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Mental Health Awareness Toolkit