



## May is Mental Health Awareness Month Together, we can Stamp Out Stigma.

Mental health and substance use disorder diagnoses are more common than heart disease, diabetes, arthritis, migraines, osteoporosis and asthma. Yet many individuals with mental illness and substance use disorders are afraid to talk about their experiences or to seek help.

Together, we can stamp out stigma by recognizing that mental health should have the same priority as physical health, talking about experiences and making sure people get the treatment they need and begin the recovery process.

### Know the facts

- 1 in 5 U.S. adults experience mental illness
- 17% of youth ages 6-17 experience a mental health disorder
- 11 years is the average delay between symptom onset and treatment
- 50% of all lifetime mental illness begins by age 14

### Practice these tips to Stamp Out Stigma.

- **Recognize** when you or someone you care about needs help. Recognize when someone isn't getting the help they need. Recognize when stigma is creating a barrier to care.
- **Reeducate** yourself and others on mental health. Reeducate yourself and others on how to find the path to recovery and that it is possible for all.
- **Reduce** stigma. Reduce hesitation to seeking care. Reduce misunderstandings. Reduce bullying, shaming and insensitivity.

To learn more, visit your member website or call your program for compassionate and caring support.

Sources: NAMI and Stamp Out Stigma



BeWell Program  
**1-800-424-4039**