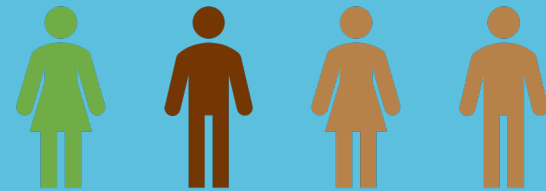# #breakthestigma

Build Awareness of Mental Health Care and Protection

You are NOT alone

1 in 5 Adults (20%)

"Experience mental illness"

More than 1 in 4 Adults (27%) who identify as mixed/multiracial

"Experience a mental illness"

90% "Of people who die by suicide have experienced symptoms of a mental health condition"

31% "Of adults in the U.S. experience an anxiety disorder at some time in their life"

"Lesbian, Gay, and Bi-Sexual Youth are 4X MORE LIKELY

To attempt suicide than straight youth"

Nearly 1 and 5 Youth (17%)

"Experience a mental health disorder"

More than 1 in 3 Adults (37%) who identify as Lesbian, Gay, and Bi-Sexual

"Experience a mental illness"

19% "Of adults in the U.S. with mental illness also have a substance use disorder"

"Transgender people are 12X MORE LIKELY

To attempt suicide than the general population"

It's okay to not be okay. Break the stigma and seek the support you need to care for your mental health.

LiveSafe can help your community build awareness around mental health care, report mental health safety concerns or emergencies, and access important resources to make your community a safer place to work, learn, and live.