

#breakthestigma



# Build Awareness of Mental Health Care and Protection



1 in 5 Adults (20%)

“Experience mental illness”

32%

of Non-Hispanic mixed/multiracial adults

17%

of Non-Hispanic Black or African American adults

17%

of Non-Hispanic Native Hawaiian or Pacific Islander

Experience mental illness each year in the U.S.

44%

“Of adults in the U.S. who identify as Lesbian, Gay or Bisexual experience mental illness each year.”

19%

“Of adults in the U.S. experience an anxiety disorder at some time in their life”

18%

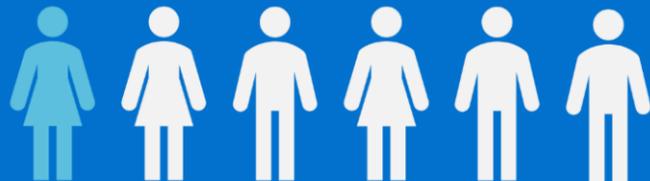
“Of adults in the U.S. with mental illness also experienced a substance use disorder in 2019”

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

To attempt suicide than straight youth”

“Transgender people are **12X MORE LIKELY**

To attempt suicide than the general population”



1 in 6 U.S. youth aged 6-17

“Experience a mental health disorder each year”



90% of people who die by suicide

“had shown symptoms of a mental health condition, according to interviews with family, friends and medical professionals”

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.

Statistics and findings included in this infographic were pulled from the [National Alliance on Mental Illness \(NAMI\)](#), which collected data from the following sources: Substance Abuse and Mental Health Services Administration (SAMHSA), Centers for Disease Control and Prevention (CDC) and the U.S. Department of Justice (DOJ).