

MENTAL HEALTH FACTS

Addressing negative perceptions and stigma surrounding mental health

AWARENESS

Mental and behavioral disorders are among the leading causes of disability in the U.S., accounting for 13.6% of all life lost to disability and premature death.¹

POPULATION DIVERSITY



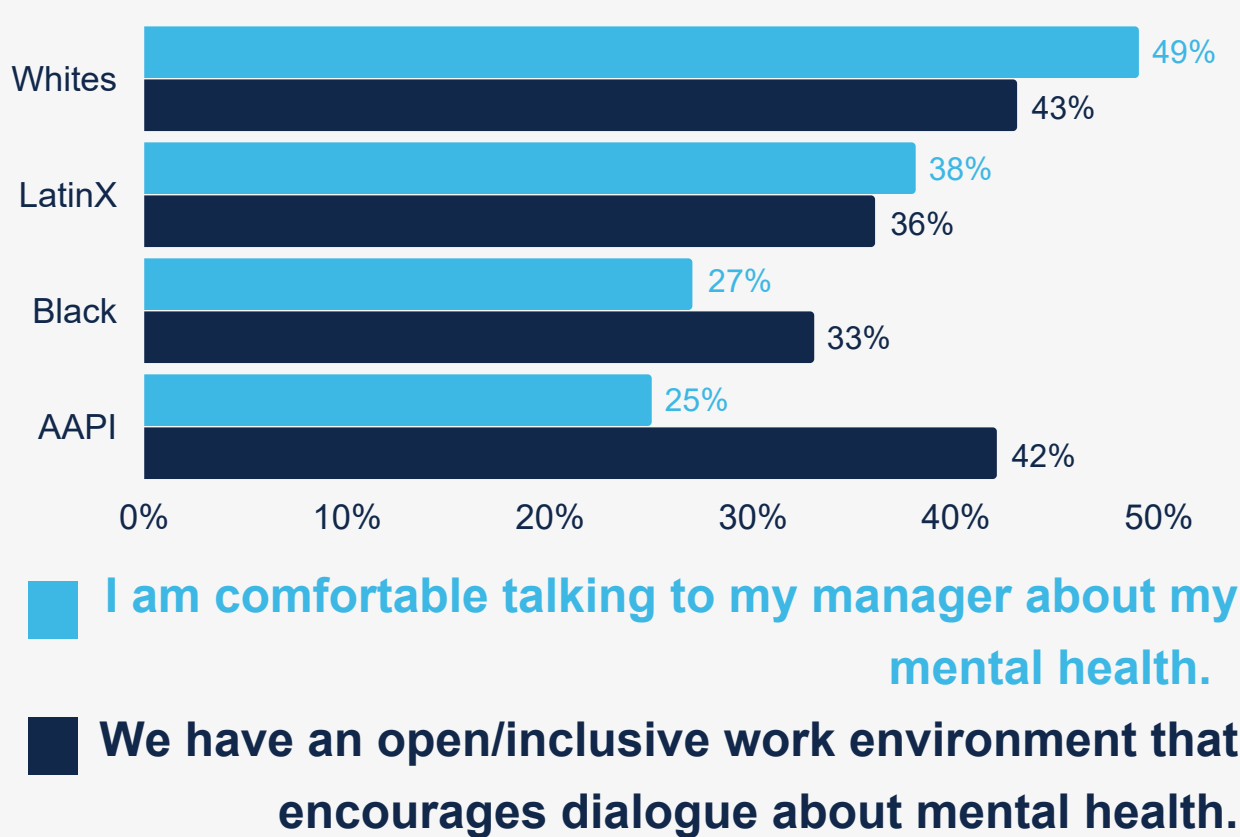
by 2044, more than half of all Americans are projected to belong to a minority group (any group other than non-Hispanic White alone).¹

RECOGNIZING MENTAL ILLNESS

24.9%

of people who identify as being two or more races are most likely to report having any mental illness within the past year than any other race/ethnic group.¹

MENTAL HEALTH IN THE WORKPLACE²



GETTING HELP

Despite feeling mental health symptoms, 30% of the U.S. workforce would not turn to any workplace resources if they needed mental health assistance.²

SOURCES:

1. American Psychiatric Association

2. The Hartford and the National Alliance on Mental Illness study

