

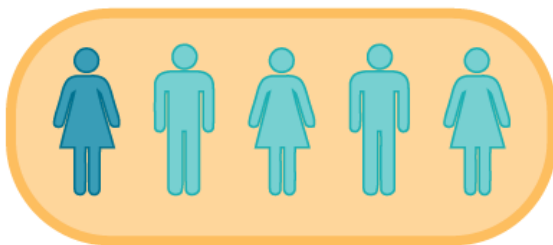
Infographic B4Stage4: Changing the Way We Think About Mental Health

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B4Stage4

Changing the Way We Think About Mental Health

Mental Health Matters For Everyone



1 in 5

American adults will have a diagnosable mental health condition in any given year¹



50

PERCENT

of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.²



Risk Factors



Symptoms and Warning Signs

When people first begin to experience symptoms of a mental health condition, they shouldn't be ignored or brushed aside in the hopes that they go away. Like other health conditions, we need to address the symptoms early, identify the underlying disease, and plan an appropriate course of action on a path towards overall health.



Too much sleep or trouble sleeping



Trouble focussing or having racing thoughts



Changes in appetite



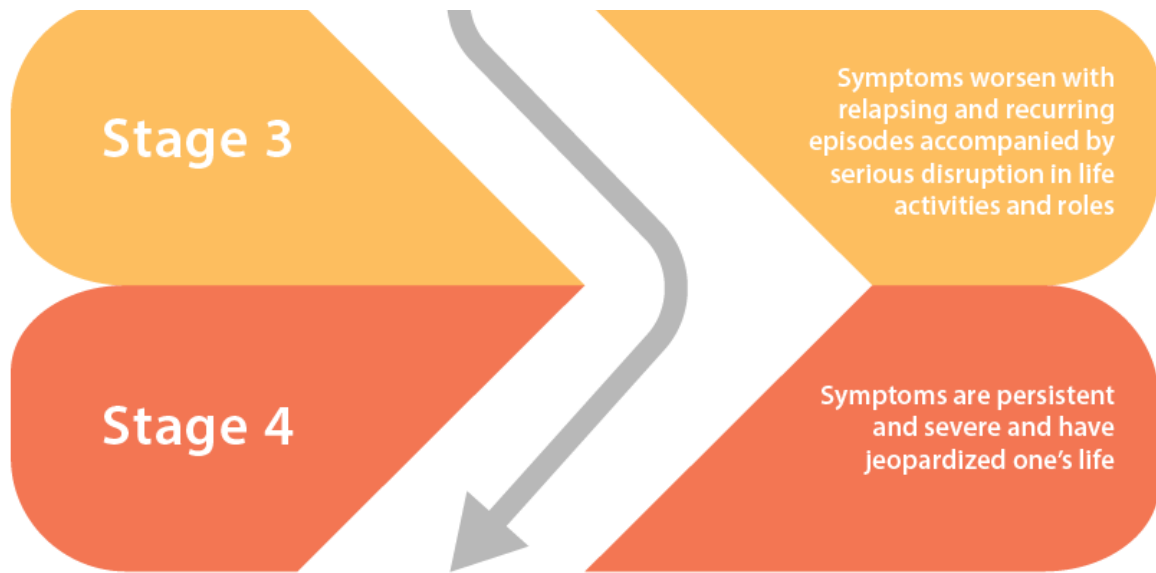
Isolating yourself from others or losing interest in things you once enjoyed



Irritability or having a short temper

Stages of Mental Health Conditions



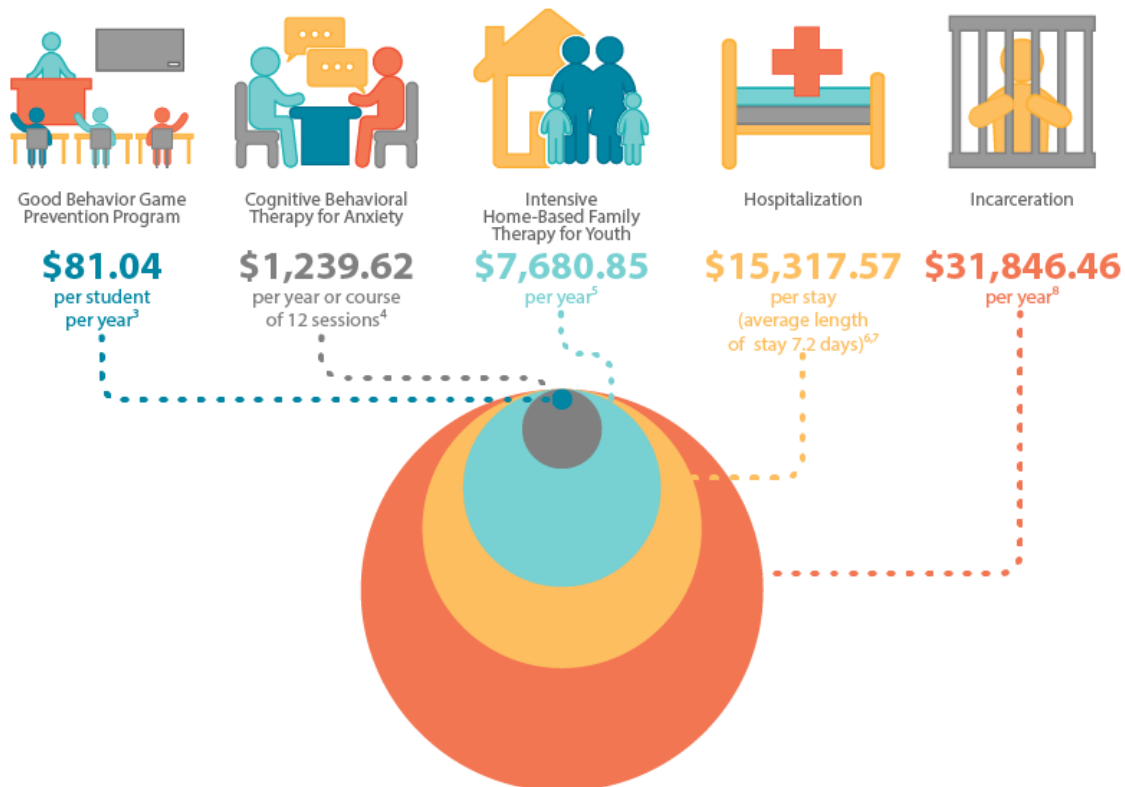


Cost of Waiting Until Stage 4

Like any other chronic condition, mental health conditions can get worse if left untreated. This often results in crisis events like inability to work, hospitalization, homelessness or incarceration.

The good news is, mental health conditions are not only common, they are treatable – especially when they are treated early. There are a variety of treatment options ranging from talk therapy to medication to peer support. The earlier we treat mental health conditions, the easier it is for people to recover and the less it costs.

Early Late





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Sources

¹Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (September 4, 2014). *The NSDUH Report: Substance Use and Mental Health Estimates from the 2013 National Survey on Drug Use and Health: Overview of Findings*. Rockville, MD.

²Ronald C. Kessler et al., Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication, 62 *Arch. Gen. Psychiatry* 593, 595 (2005).

³<http://www.wsipp.wa.gov/BenefitCost/Program/82>*

⁴<http://www.wsipp.wa.gov/BenefitCost/Program/71>*

⁵<http://www.wsipp.wa.gov/ReportFile/1484>*

⁶<http://kff.org/other/state-indicator/expenses-per-inpatient-day/>*

⁷<http://www.cdc.gov/nchs/fastats/mental-health.htm>

⁸<http://www.vera.org/sites/default/files/resources/downloads/price-of-prisons-updated-version-021914.pdf>*

*Cost figures adjusted for 2015 using The U.S. Bureau of Labor Statistics CPI

This infographic was developed for Mental Health Month 2015.