



Institute of
Mental Health

Mental Health of The Out-numbered

Together We Can End Stigma In Every Community

Anyone of any age, race, or gender may suffer from mental health issues.

Mental disorder affects approximately **46.6 million** adults in the United States.

A total of **19.8 million** people were aided.

Approximately **49.5 percent** of teenagers are affected.

As compared to white people, minorities and ethnic groups have poorer mental wellbeing.

Black youth have a **30% higher** incidence of depression than the general population.

In grades 9-12, Hispanic youth have a **50% higher** suicide rate than white youth.

White non-Hispanics received treatment **twice** as much as Hispanics.

The Out-numbered group has to encounter a number of obstacles:

Racial Beliefs

Communication Barrier

Humiliation

Defense provided by insurance



An Insight Into Global **Mental Health Situation**

Mental Health isn't a Destination, But a Process



About 20% of the world's children and teenagers suffer from mental illnesses.

The combination of mental disorders and drug abuse accounts for about 23% of years lost due to disability.



Every year, roughly 800,000 people commit suicide.

Natural disasters and conflict have a huge effect on people's mental soundness and psychosocial healthiness.



Mental conditions, as well as accidental and deliberate harm, are considered significant risk factors for other illnesses.

Patients and families affected by mental illness face stigma and prejudice, which makes it difficult for them to obtain specialized treatment.



In most nations, infringement of mental health patients' human rights are regularly reported.

The distribution of professional human capital for mental health is highly unequal around the world.



There are five big roadblocks to rising mental health service accessibility.

The financial resources available to expand services are limited.



The consequences for funding of the removal of mental health from the public health agenda.

The current mental health service organization.

In primary care, there is a shortage of implementation.

There is a severe shortage of public mental health leadership.

Human resources for mental wellbeing are insufficient.

Ways You Can Extend Your Hands to Help Others Better Their **Mental Health**:

- Empowering them to learn more about their personal wellbeing and the habits that trigger their symptoms
- Personalized causes, risk factors, and action plans are available on their mobile, assisting them in managing their disease.
- Listen without making assumptions and focus on their immediate needs.
- Understand the boundaries and avoid arguments.





United States' Take on **Mental Health**



1

One out of every five adults suffers from a mental illness. That's more than **40 million** people in the United States. More than the combined populations of New York and Florida.

2

Suicide is the tenth leading cause of death in the United States. For people aged **10 to 24**, this is the third leading cause of death. And it's the second leading cause of death for those aged **15 to 24**.

3

For both teenagers and adults aged **18-44**, mood disorders are the third most common reason for hospitalization.

4

In the previous year, **7%** of adults had at least one major depressive episode and **18%** of adults had an anxiety disorder.

5

Merely **41%** of people with mental illnesses received mental health treatment in the previous year.

If you're struggling with a mental health problem, it's important to note that you're not alone and that support is available. Mental health issues can be managed. Talk therapy, medication, lifestyle changes, and peer support are also successful recovery options.