



## Mental Health Affects Us All

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

- There are **3** basic categories of mental disorders: mild, moderate and severe.
- **1 in 5** American adults suffer from any mental illness.
- **1 in 25** American adults have a serious mental illness.
- **7.9 million** adults in the United States have both a mental health and substance use disorder.
- Most people with mental illness are **not violent**. In fact, people with severe mental illnesses are over **10 times** more likely to be **victims** of violent crime.
- **8.8 million** American adults report serious thoughts of suicide.
- **Trauma** can increase the risk that children, youth, and young adults will develop mental health problems.
- **20% (1 in 5)** of children ages 13-18 currently have and/or previously had a seriously debilitating mental disorder.
- **50%** of all lifetime cases of mental illness begin by age 14 and **75%** by age 24.
- **Recovery is possible** and is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Most people with behavioral health concerns can get better, and all of us have the ability to improve our health and wellness. Treatment and recovery are ongoing processes that happen over time. The first step is getting help.

## HOW MENTAL HEALTH AMERICA OF GREATER DALLAS HELPS:

**Support Groups** Need to connect to others who understand? MHA offers more than 22 Peer-Led Support Groups. Topics include depression, hoarding, dual recovery and others. *(Open to the public)*

**Mental Health First Aid (Adult and Youth)** Want to help others, but not sure how? Learn to be prepared with a 5-step action plan. *(Open to the public)*

**Wellness Recovery Action Plan (WRAP)** Interested in creating positive change in the way you feel or increase your enjoyment of life? You'll want to check out this course. *(Open to the public)*

**Legislative Advocacy Training** Learn the skills needed to get your voice heard. *(Open to the public)*

**WHO® We Help Ourselves** Learn how to prevent victimization in children without scare tactics. Includes training and curriculum. *(Open to educators)*

## SELECT RESOURCES

**If you are having thoughts about hurting yourself, call 800-273-8255. (National Suicide Hotline)**

- Police (Emergency) 911
- Adapt Community Solutions & Mobile Crisis Line 866-260-8000
- Crisis Text Line Text 741-741 from anywhere in the USA, anytime, about any type of crisis.
- Dallas Police (Non-Emergency) 214-744-4444
- Veteran Crisis Line 800-273-8255, or text 838255 [www.veteranscrisisline.net](http://www.veteranscrisisline.net)
- Child & Family Guidance Center 214-351-3490 [www.childrenandfamilies.org](http://www.childrenandfamilies.org)
- Metrocare Services 877-283-2121 [www.metrocareservices.com](http://www.metrocareservices.com)
- National Alliance on Mental Illness (NAMI) of Dallas [www.namidallas.org](http://www.namidallas.org)
- Grant Halliburton Foundation [www.granthalliburton.org](http://www.granthalliburton.org)
- Dallas Council on Alcohol and Drug Abuse [www.dallascouncil.org](http://www.dallascouncil.org)
- Substance Abuse and Mental Health Services Administration [www.samhsa.gov](http://www.samhsa.gov)

*\*Listing does not constitute an endorsement of resources.*

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