



How to get help for a mental health concern

In the U.S., 43.8 million adults experience mental illness each year.

Do you know how to get help if you need it?
We can help you get started.

What is mental illness?

Mental illness is a medical condition, just like heart disease or diabetes. It's common and treatable, and defined as any health condition involving changes in emotion, thinking or behavior.

1.1% of American adults
live with schizophrenia

2.6% of American adults
live with bipolar disorder

6.9% of American adults
live with major depression



18.1% of American adults
live with anxiety disorders

Stats and Facts

1 in 5 adults
in the U.S. experiences
mental illness



50% of all chronic mental illness
begins by age 14; 75% by age 24

More than 90% of people who die
by suicide have symptoms of a mental health condition.



Source: National Alliance on Mental Illness, nami.org

How to get help

From a primary care consult to a more intensive program, a range of treatment options are available.

Your first step

These mental health professionals offer various levels of care, depending on your treatment preference.



Primary care doctor — MD, DO

Who they are: Doctors specializing in comprehensive care such as family physicians, general internists and pediatricians

How they can help: Primary care doctors receive mental health training and manage an array of mental health problems



Psychiatrist — MD

Who they are: Licensed doctor specializing in mental illness

How they can help: Through talk therapy and sometimes prescribing medications



Therapist — PhD, PsyD, MFT, LCSW, APRN

Who they are: Clinical specialists in mental illness

How they can help: Through talk therapy and sometimes prescribing medications

More intensive support

These programs are designed to offer a more targeted treatment. They range in focus from child and adolescent to adult and senior care.

Intensive outpatient program

Care for those who need ongoing treatment without a hospital stay



Partial-day program

Part-time hospitalization for those experiencing a significant disruption in daily living



Inpatient program

Short-term crisis intervention in a safe, secure and structured setting



Reach out

If you or someone you love is experiencing a serious mental health crisis, you can call the **Suicide Prevention Hotline**, 24 hours a day, at **1-800-273-8255**.



From the expert

"We've made tremendous strides in mental health treatments in recent years. Treatment works; don't delay if you think you or a loved one needs help."

— Dr. Fadi Nicolas, chief medical officer of Sharp Behavioral Health Services

