

# You Are NOT Alone

## Statistics

- 22.8% of U.S. adults experienced mental illness in 2021 (57.8 million people).  
This represents 1 in 5 adults.
- 5.5% of U.S. adults experienced serious mental illness in 2021 (14.1 million people). This represents 1 in 20 adults.
- 16.5% of U.S. youth aged 6-17 experienced a mental health disorder in 2016 (7.7 million people)
- 7.6% of U.S. adults experienced a co-occurring substance use disorder and mental illness in 2021 (19.4 million people)
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the 2nd leading cause of death among people aged 10-14
- <https://www.brainsway.com/knowledge-center/mental-health-stigmas/>
  - Only 16.5% of individuals with depression worldwide seek help, and stigma around mental health is one of the primary reasons.
  - Over 50% of individuals will experience a mental health disorder in their lifetime, making such conditions more common and relatable than previously realized.
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5798266/>
  - Regarding stigma about the cause of depression, **30.7% of respondents agreed that a weak personality caused depression.**
  - only **58.9% believed in the effectiveness of pharmacotherapy** for depression even though discontinuation of pharmacotherapy has been associated with worse outcomes and increases the risk of relapse
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# Donation Organizations

Nobody is under any obligation to donate to any organization. However, if you are someone you know is both financially able and willing to donate to one of the organizations listed below, it could greatly benefit those in need.

- Ohio Suicide Prevention Foundation
  - According to the website the foundation has, “Teamed up with state and county agencies, private providers, philanthropic organizations, local coalitions, and families and suicide survivors, to develop a strategy that will guide Ohio in its vision of no more lives lost” (Ohio Suicide Prevention Foundation)
  - <https://www.ohiospf.org/>
- National Alliance on Mental Illness
  - The National Alliance on Mental Health provides support and education on varying mental health topics. They also have support groups and hotlines to help individuals in need of help quickly.
  - <https://nami.org/Home>
- Mental Health America
  - Mental Health America believes that nobody should get to the point of suicide and the thoughts that occur with it. The foundation has screened 8,000,000 people for mental health conditions, 31,000,000 People reached through public education programs, 1,265,845 Raised through fundraisers for mental health programs.
  - <https://mhanational.org/>

# National Hotlines

- Suicide Hotline: Call or Text 988
- Sexual Assault Hotline: Call 1-800-656-4673
- Domestic Abuse Hotline: Call 1-800-799-7233
- Crisis Text Line: Text ‘HOME’ to 741741 to connect with a volunteer Crisis Counselor
- Essential Community Services: Call 211 (includes support for many financial burdens such as food, shelter, health care/mental health)

- Military Personnel PTSD: Call 1-866-966-1020
- Trevor Project(LGBTQ): Call 1-866-488-7386 or text 'START' to 678-678
- Substance Abuse Hotline: Call 1-800-662-HELP (4357)
- Gambling Hotline: 1-800-589-9966
- Mental Health America: Call (800) 969.6642

## Local Hotlines

- Kent Townhall II HelpLine 24 hours/ 7 days (330) 678-4357 Emergency Walk-in Services 155 N Water St Kent, OH 44240 M-F 8am-8pm
- For basic needs (food, shelter, health care), Call 330-376-6660 or 211, Text your Zip Code to 898-211, send email using the [contact form](#), or send Mail to United Way of Summit Medina 2-1-1, 37 N. High Street, Akron, OH 44308.

## Local Mental Establishments

- Mental Health & Recovery Board of Portage County
  - <https://www.mental-health-recovery.org/>
- Mental Health Assistance(ohio only)
  - <https://www.freementalhealth.us/state/ohio>
- Coleman Health Services
  - <https://www.colemanservices.org/>
- Stepping Stone Community Services
  - <https://sscshealth.com/>
- NAMI
  - <https://www.nami.org/Home>

# General Resources

- National Institute of Mental Health
  - [https://www.nimh.nih.gov/health/find-help#:~:text=Substance%20Abuse%20and%20Mental%20Health,662%2DHELP%20\(4357\).](https://www.nimh.nih.gov/health/find-help#:~:text=Substance%20Abuse%20and%20Mental%20Health,662%2DHELP%20(4357).)
- National Problem Gambling Helpline
  - <https://www.ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/>
- Here's an article about online therapy options for teens (some accept insurance or financial aid)
  - <https://www.everydayhealth.com/emotional-health/best-online-therapy-for-teens/>

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