

# Nurture Your MENTAL HEALTH

## Reach Out for Help With Your Mental Health



1 in 5 American adults experience mental illness.



There's an **11-year average delay** between the start of symptoms and treatment.



**Only 43% of adults** with mental illness seek treatment in a given year.



If you or someone you know is struggling or in crisis, help is available. **Call or text 988 to reach the Suicide and Crisis Lifeline.**

87%

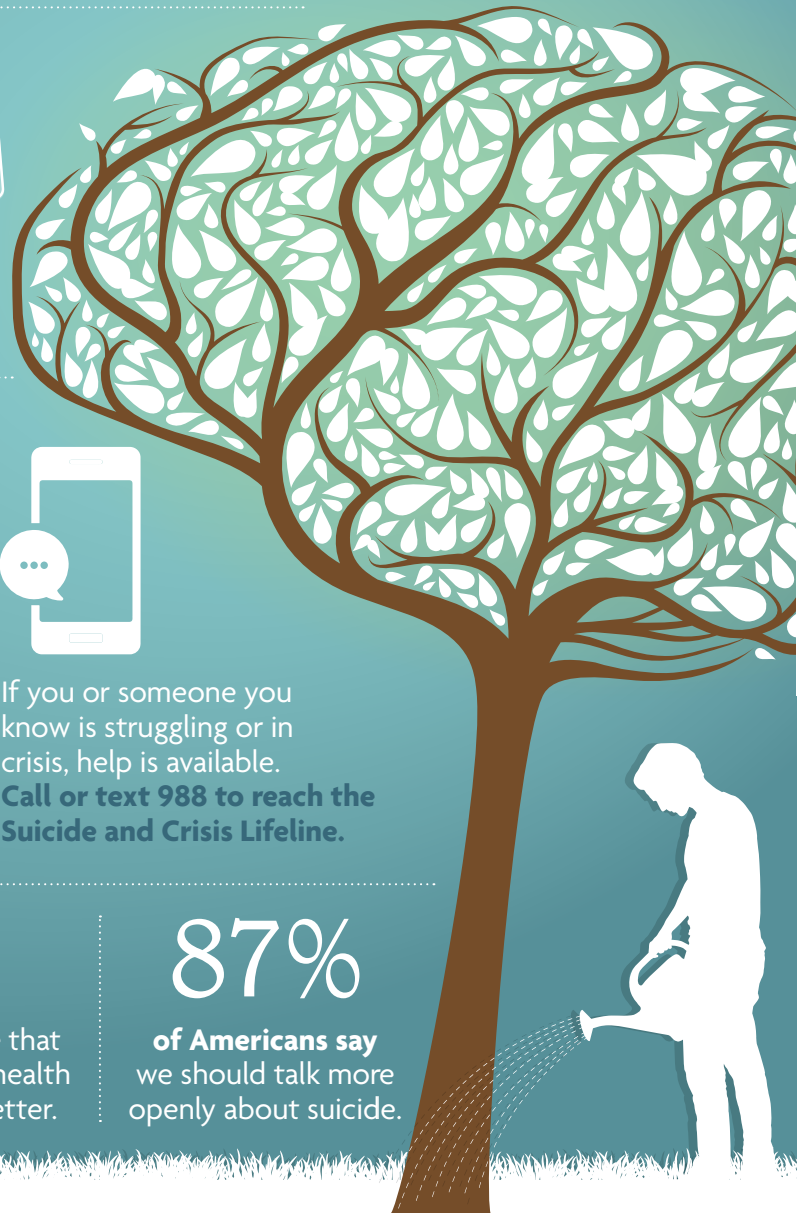
**of adults in the U.S. believe** mental health disorders are nothing to be ashamed of.

86%

**of U.S. adults agree** that people with mental health disorders can get better.

87%

**of Americans say** we should talk more openly about suicide.



Check out the Live Healthy section of [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com).



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