



STOP THE STIGMA

Seek help for your mental health



1 in 4

U.S. adults experience mental illness each year



2.4%

The increase in the number of adults seeking help for their mental health from 2019 to 2021



18 – 24

The age range of adults most likely to seek mental health treatment



70% – 90%

The percentage of people with serious mental illness helped by medication and treatments



4 – 6 weeks

The amount of time it takes most people to see improved depression symptoms after they start treatment

If you are struggling with your mental health, you are not alone. It is OK to reach out for help. Consider talking with a mental health professional. If you are experiencing a mental health crisis, **call or text the 988 Suicide & Crisis Lifeline.**

Check out the Live Healthy section of www.BlueChoiceSC.com to learn more.

