



# MENTAL HEALTH 101

TAKE CHARGE OF YOUR MENTAL HEALTH

46%

of Americans will experience mental illness at least once in their lifetime



1 in 5 U.S. adults experience mental illness

17%

of youth (6-17 years) experience a mental health disorder

## FREQUENTLY ASKED QUESTIONS

### WHY do people seek mental health treatment?

People seek mental health treatment for various reasons including improving anxiety and depression, enhancing their relationships, and gaining more life satisfaction. Many people turn to mental health professionals when despite their best efforts, they are unable to feel better.

### WHEN do people seek mental health treatment?

Challenging transitions, personal or financial crises, or after the loss of loved ones are common instances when individuals seek support. People seek out mental treatment for themselves or their children across the lifespan.

### WHAT does mental health treatment look like?

Mental health treatment comes in different forms including medications and talk therapy. Medications can be prescribed by primary care physicians, psychiatrists and nurse practitioners. Talk therapy can be provided by therapists, including mental health counselors, social workers, and psychologists.

### WHERE is a good place to start?

The first step in determining where to start is to discuss your symptoms with your primary care physician who can walk you through some treatment options. A SSN professional can also guide you in considering your options.

## #YOUARENOTALONE

THERE ARE SEVERAL WAYS TO REACH OUT & GET SUPPORT



Talk with a Health Care Professional



Call ACCESS 1-844-55-ACCESS (1-844-552-2237) to speak with a SSN professional who is available 24/7 to provide confidential support



Connect with your family & friends



Visit the **Ismaili Mental Well-Being Webpage**