

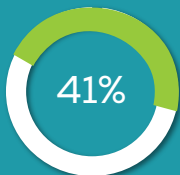
**NAMI FaithNet** is a resource network of NAMI members, friends, clergy and congregations of all faith traditions who wish to encourage faith communities who are welcoming and supportive of persons and families living with mental illness.



Approximately 1 in 5 adults in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year



Approximately 1 in 25 adults in the U.S.—10 million, or 4.2%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.



Only 41% of adults in the U.S. with a mental health condition received mental health services in the past year.

## 3rd

Suicide is the 3rd leading cause of death for people aged 10–24 years old.



Only 62.9% adults with serious mental illness received mental health services in the past year.

## 2nd

Suicide is the 2nd leading cause of death for people aged 15–24 years old.



90% of those who die by suicide had an underlying mental illness

## 10th

Suicide is the 10th leading cause of death in the U.S.

### KNOW THE WARNING SIGNS:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don’t exist in objective reality)
- Inability to perceive changes in one’s own feelings, behavior or personality (“lack of insight” or anosognosia)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance (mostly in adolescents)