



May is  
Mental Health  
Awareness Month

## “SADDLE UP” TO RAISE MONEY FOR MENTAL HEALTH AWARENESS MONTH!

### PROCEEDS DONATED TO THE GUIDANCE CENTER OF LONG BEACH

*- THE GUIDANCE CENTER PROVIDES COMPREHENSIVE MENTAL HEALTH TREATMENT TO OUR COMMUNITY'S MOST DISADVANTAGED CHILDREN AND THEIR FAMILIES STRUGGLING WITH MENTAL ILLNESS AND ABUSE, LEADING THEM TOWARD A POSITIVE AND PRODUCTIVE FUTURE. THE GUIDANCE CENTER ENVISIONS A COMMUNITY WHERE ALL CHILDREN HAVE THE HELP THEY NEED TO BE HEALTHY AND HAPPY <https://www.tgclb.org/>*

### HOW TO JOIN THIS AMAZING EVENT???

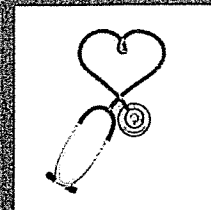
NO RIDING EXPERIENCE NEEDED  
JUST CLIP IN AND RIDE AT THIS AMAZING “DANCE CLUB IN THE SADDLE”

VISIT THE GRIT CYCLE WEBSITE @<https://gritcycle.com>.  
CLICK ON KARMA RIDE for MENTAL HEALTH AWARENESS WITH SNACC at  
LB LOCATION

PURCHASE YOUR BIKE FOR ONLY \$30!  
BRING YOUR PARTNER, FRIENDS, AND FAMILY ALONG.  
HAVE FUN, SMILE, LAUGH, AND MAKE MEMORIES.  
WEAR GREEN!!!

**STOP THE STIGMAS / OPEN UP DISCUSSIONS / CONNECT**

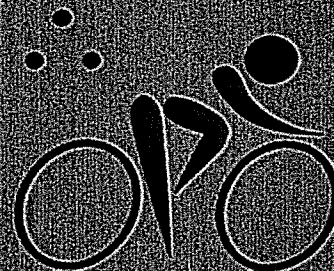
## CERRITOS COLLEGE



STUDENT NURSES  
ASSOCIATION (SNACC)

IS ORGANIZING A  
FUNDRAISING EVENT  
FOR MENTAL  
HEALTH  
AWARENESS!

SATURDAY,  
MAY 11<sup>TH</sup>, 2019  
12PM – 1PM



LONG BEACH GRIT  
CYCLE STUDIO –  
3850 WORSHAM AVENUE  
#430, LB, CA 90808

# Mental Health Facts IN AMERICA

**Fact:** 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.

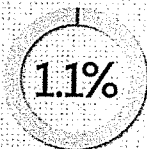


Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.

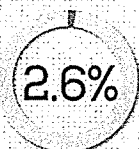


One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

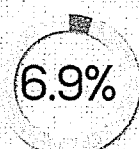
## Prevalence of Mental Illness by Diagnosis



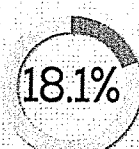
1 in 100 (2.4 million) American adults live with schizophrenia.<sup>1</sup>



2.6% (6.1 million) of American adults live with bipolar disorder.<sup>1</sup>

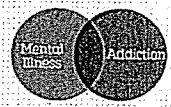


6.9% (16 million) of American adults live with major depression.<sup>1</sup>



18.1% (42 million) of American adults live with anxiety disorders.<sup>1</sup>

## Consequences



10.2m

Approximately 10.2 million adults have co-occurring mental health and addiction disorders.<sup>1</sup>



26%

Approximately 26% of homeless adults staying in shelters live with serious mental illness.<sup>1</sup>



24%

Approximately 24% of state prisoners have "a recent history of a mental health condition".<sup>2</sup>

## Impact



1st

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.<sup>1</sup>



-\$193b

Serious mental illness costs America \$193.2 billion in lost earning every year.<sup>3</sup>



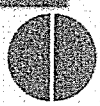
90%

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.<sup>3</sup>

## Treatment in America



Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.<sup>4</sup>



Nearly 50% of youth aged 8-15 didn't receive mental health services in the previous year.<sup>5</sup>



African American & Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.<sup>1</sup>

## Ways to Get Help



Talk with your doctor



Connect with other individuals and families



Learn more about mental illness



Visit NAMI.org

1. National Comorbidity Survey Replication, 2004-2008. 2. American Psychiatric Association, 2012. 3. American Psychiatric Association, 2012. 4. American Psychiatric Association, 2012. 5. American Psychiatric Association, 2012.

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