

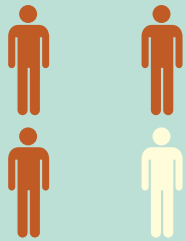
# The No Shame On U

## FACT SHEET

If you or someone you know is in crisis, you are not alone:

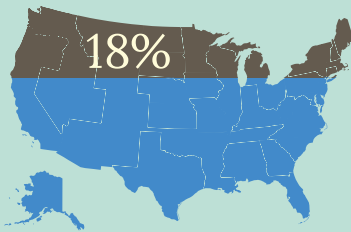
Please call 1-800-273-TALK (8255) 24/7 crisis line, OR Text 741741 for a 24/7 crisis text line - a live, trained crisis counselor receives the text and responds quickly, OR Go to [www.imalive.org](http://www.imalive.org) for 24/7 crisis online chat.

**61,500,000.**  
Mental Health



The approximate number of Americans who experience a mental health disorder in a given year. That's one in four adults.

**40,000,000.**  
Anxiety



Anxiety disorders are the most common mental illness in the U.S., affecting 40M adults in the United States age 18 and older (18% of U.S. population).

**20,000,000.**  
Depression



Roughly the number of people in the United States that suffer from depression every year.

**Mental Shift.**  
Bipolar

Bipolar disorder affects approximately 5.7 million adult Americans, or about 2.6% of the U.S. population age 18 and older every year.

**End Stigma.**  
Treatment

Over 80% of the people that have symptoms of clinical depression, are not receiving any specific treatment for their depression. Studies have shown that one of the key barriers for people not seeking treatment is stigma.

**Save Lives.**  
Suicide

More than one out of every 100 people who die, die by suicide. More people die by suicide than in car accidents in the U.S.

Sources: CDC, NIH, NIMH, Census.gov, King's College London, ADAA, NAMI

No Shame On U is a 501(c)(3) organization dedicated to eliminating the stigma associated with mental health and raising awareness in the Jewish community and beyond. Our goal is for the people who need help to seek it, for family members and friends to know how to provide proper support and for lives to be saved.



[www.NoShameOnU.com](http://www.NoShameOnU.com)



[Facebook/NoShameOnU](https://www.facebook.com/NoShameOnU)



[@NoShameOnU](https://twitter.com/NoShameOnU)