



It Is Well With My Soul

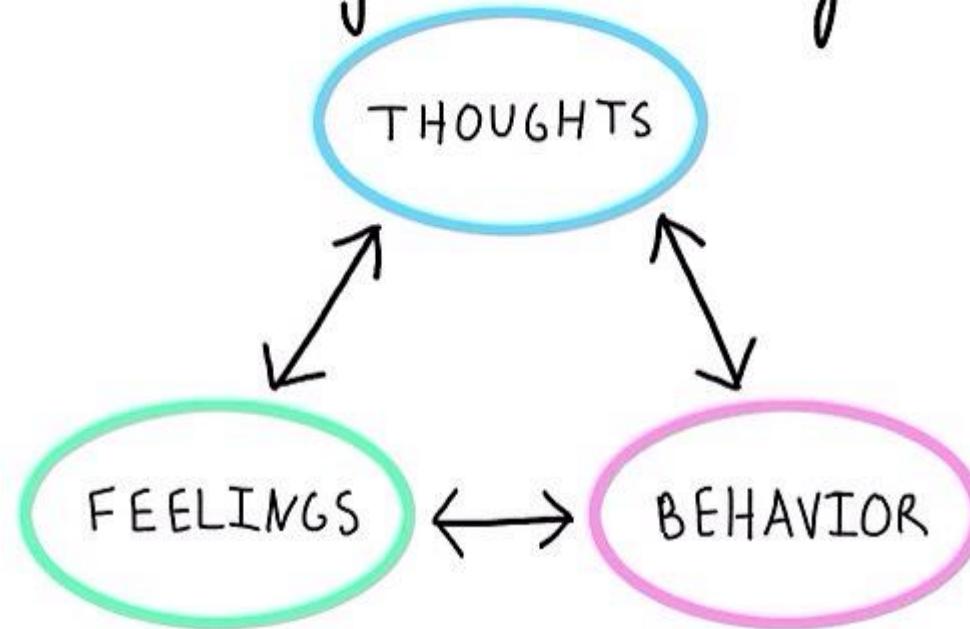
Part B
Presented by
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- Life is too short to play small with your talents. You were born into the opportunity as well as the responsibility to Become Your Best Self.

What is Mental Health?

The Cognitive Triangle





Parallel to Physical Health



You are NOT **ALONE**



1 in 5 U.S. adults
experience
mental illness

Millions of people are affected by mental illness each year.
Across the country, many people just like you work, perform,
create, compete, laugh, love and inspire every day.

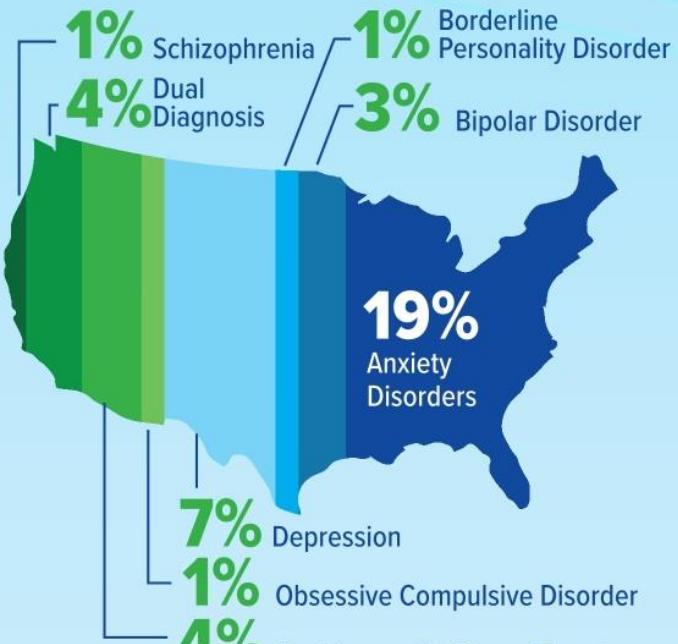
1 in 25

1 in 25 U.S. adults
experience serious
mental illness

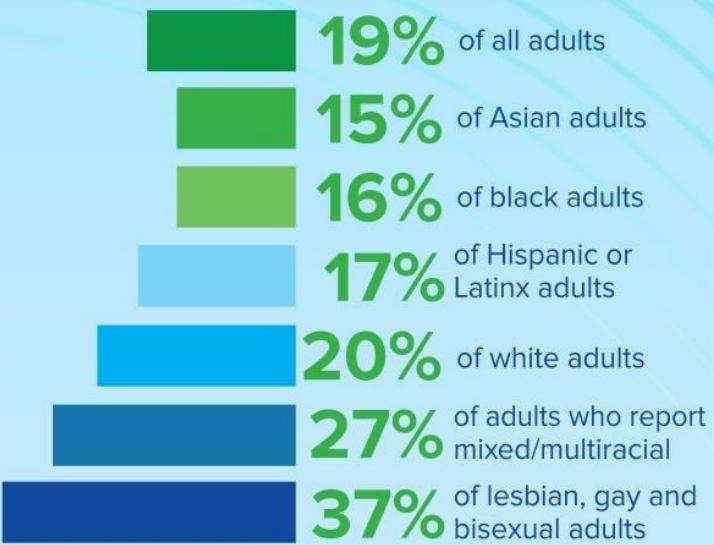
17%

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

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



The **RIPPLE EFFECT** of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer



Rates of cardiometabolic disease are twice as high in adults with serious mental illness

PERSON



19% of U.S. adults with mental illness also have a substance use disorder



At least **8.4 million** Americans provide care to an adult with an emotional or mental illness



FAMILY



Caregivers spend an average of **32 hours** per week providing unpaid care



20% of people experiencing homelessness also have a serious mental illness



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders

COMMUNITY



37% of people incarcerated in state and federal prison have a diagnosed mental condition



70% of youth in the juvenile justice system have at least one mental health condition





Life is messy

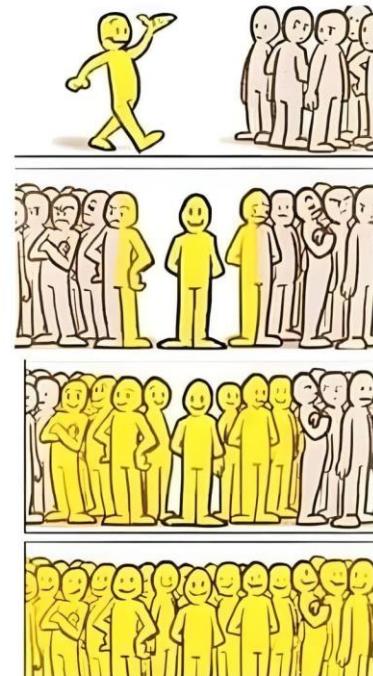


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Be A Light

This is how your light changes the world. ❤



BE THE LIGHT ❤



QUOTE

- Do not live as if you had 10,000 years left. Your fate hangs over you. While you are still living, while you still exist here on this Earth, strive to be a genuinely great person”
- Marcus Aurelius



Stay In Touch

SW Snippet – Monthly Becoming Your Best Self
E-Newsletter – swnippet.com

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Resources

- American Association of Christian Counselors
- Substance Abuse & Mental Health Services Administration
- American Psychological Association
- Psychology Today
- American Counseling Association
- Mental Health American
 - Mental Health America of the Heartland
- Issue based websites