

Spotlight on: Mental Health

OMH's Spotlight series highlights the challenges faced by different New York populations. We recognize the unique issues surrounding mental health and invite you to learn more.

Did you Know?

At least 1 in 5 New York adults will experience a mental health disorder in any given year.



Less than 1/2 of adults with mental illness and less than a 1/4 of children and adolescents get the treatment that can help them feel better.



adults



children and adolescents

1,700 New Yorkers die by suicide each year.

10TH
Leading
Cause

of death in the
United States

2ND
Leading
Cause

of death for people
ages 10 to 34.

Did You Know?

Between 80% and 90% percent of people with depression respond well to treatment. Almost all patients gain some relief from their symptoms.

Data from NAMI, CDC, APA and the U.S Department of Health and Human Services



If you are struggling with your mental health, there are many reasons to be hopeful.

Treatment can be highly successful. **Peer support** can be highly effective.

For more information on mental health recovery, visit <https://www.mhanational.org/recovery-support>

Take Action

Share your story. Most people have struggled with their mental health at some point during their lives. Speaking openly about your own story can help others feel less alone.

Make it normal to ask about mental health. Check in on others and ask them directly how they are feeling. Thank them if they decide to share their struggles with you. Don't try to solve their problems or dismiss their concerns; instead acknowledge their feelings and let them know you hear them.

In the Workplace

Does your organization make it okay for people to speak up when they are struggling? Consider an anonymous survey or other ways to get feedback on how your employees would like to be supported.

How can your company stay flexible to encourage people to take the time they need to care for their mental health?

Make resources for emotional health available all the time, instead of waiting to offer them when someone is having a hard time. Consider adding a mental wellness section to your weekly or monthly news bulletin.

Need Help?

Crisis Text Line: Text GOT5 to 741741

988 Suicide and Crisis Lifeline: Call or text 988 or chat 988lifeline.org/chat

Trevor Lifeline: 1-866-488-7386 or Trevor Text: Text START to 678678

OMH's Customer Relations: 1-800-597-8481



nysif.com/wellness

Presented as part of the NYSIF State of Wellness Employer Resource Kit



Office of
Mental Health