



nami

National Alliance on Mental Illness

SOUTHERN ARIZONA

MENTAL ILLNESS:
A SERIOUS, TREATABLE
HEALTH PROBLEM.

DEPRESSION AND ANXIETY ARE EVERYWHERE.

IN PIMA COUNTY: anxiety/depression disorders are identified as the top health issue.

IN THE USA: 18% of American adults live with anxiety disorders.

IN THE WORLD: depression is the leading cause of disability.



PIMA COUNTY REALITIES:

1 in 5, or **200,000 ADULTS & YOUTH**, experience a mental illness in a given year — 57,000 Hispanics, 4,800 Asians, 7,600 African Americans.

\$605 million in lost earnings.



HOW DOES THIS AFFECT LIFE SPAN IN ARIZONA?

People with a serious mental illness **DIE MORE THAN 30 YEARS EARLIER** than those without mental illness.

SUICIDE is the **9TH LEADING CAUSE OF DEATH.**

IT STARTS WITH OUR CHILDREN.

50% of chronic mental illness **begins by age 14;** 75% by age 24.

In Pima County, **1600 students over 14** with a mental illness **dropped out of high school.**

70% of youth in juvenile justice in Pima County have at least one mental health condition.



TREATMENT TRULY HELPS.

72% OF THOSE WITH MENTAL ILLNESS CAN RECOVER —

live, work, learn and participate fully in the community.

60% of adults with a mental illness **DIDN'T RECEIVE MENTAL HEALTH SERVICES** in the previous year.

HISPANIC AMERICANS AND AFRICAN AMERICANS use mental health services at 1/2 the rate of whites.

NAMI SOUTHERN ARIZONA IS HERE FOR EVERYONE.

NAMI SA helps over 6500 individuals with mental illness and their families annually:

- Understand their rights;
- Obtain mental health services and information;
- Work with mental health and legal systems.

NAMI SA volunteers provide nearly **\$100,000 worth of education and treatment services annually.**

NAMI SA resources are available at no-cost to everyone — individuals with mental illness and their loved ones.

HOW YOU CAN HELP.

NAMI Southern Arizona DEPENDS on you. Become a member, volunteer or donate today. There are many ways to help.

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DATA SOURCES:

Pima County Department of Health • Arizona Department of Education • Pima County Juvenile Court
National Institute of Mental Health (NIMH) • National Alliance on Mental Illness (NAMI)

