



**Weill Cornell Medicine**

# Mental Illness Awareness Week is October 2–8, 2022



Mental Illness Awareness Week is sponsored by the National Alliance on Mental Illness to provide awareness and support. National Depression Screening Day (October 6) is a great reminder to speak with your provider about your mental health.

## MENTAL HEALTH AFFECTS EVERYONE.



**1 in 5 adults**

in the U.S. have a mental illness, according to the National Institutes of Health.

### Higher rates of mental illness are reported among:

- Adults ages 18–25 years old
- Black, Indigenous and people of color
- Cancer patients and survivors
- Members of the LGBTQ+ community



### Stop the stigma

#### Kindness is key.

Be compassionate with people who have mental illness.

#### Listen up.

Let people with mental illness tell their story.

#### Spread the word.

Talking about mental illness helps remind others it's normal.

### Get mental health support

#### Talk about it.

A talk therapist offers judgment-free support.

#### Move your body.

Exercise reduces anxiety and depression, so work out, go dancing, start gardening or walk it off.

#### Find community care.

Resources close to home can provide special support. The Weill Cornell Medicine Wellness Clinic provides specialized mental health care to the LGBTQ+ community.



Schedule a visit with a mental health provider at [weillcornell.org/services/psychiatry](https://weillcornell.org/services/psychiatry)



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