

DID YOU KNOW...

YOU ARE NOT ALONE!



IF YOU NEED HELP

For general information on mental health and to locate treatment services in your area, call the **Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Referral Helpline at 1-800-662-HELP (4357)**. If you are in crisis, and need immediate support or intervention, call, or go the website of the **National Suicide Prevention Lifeline (1-800-273-8255)**. Trained crisis workers are available to talk 24 hours a day, 7 days a week. If the situation is **potentially life-threatening**, call **911** or go to a **hospital emergency room**.



350 MILLION

The number of people globally who are affected by some form of depression.

50%

The percentage of Americans with major depression who don't seek treatment.



1 in 5

 will get the help they need

"Loneliness and the feeling of being unwanted is the most terrible poverty."

Saint Teresa

Adults in the U.S. living with serious mental problems die on average

25 years earlier

than others, largely due to treatable medical conditions.



Pope Francis revealed that in the 1970s, he visited a psychoanalyst once a week for six months to help him "clarify things." The Pope said seeing a therapist helped him a lot and made him "feel free."

"Pope Francis: Politics and Society"



Ministering to people with severe mental health problems or suicidal thoughts is "messy work," because "sometimes people are hanging on by a fingernail. We become a voice of love that whispers that they still matter, even in their illness and struggle."

Kay Warren

(wife of Pastor Rick Warren) whose 27-year-old son committed suicide



For more than 162 years, Maryvale has helped heal, empower and educate children and families.

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