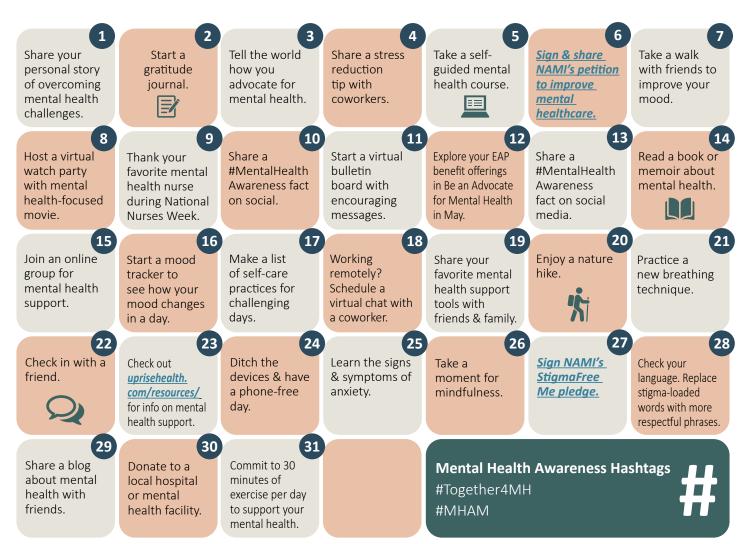


## Be an Advocate for Mental Health in May

More individuals are talking openly and honestly about mental health and are advocating for improving our nation's mental health care system. Together, we can break through stigma and stereotypes that have been a part of mental health support and treatment for far too long. Join Uprise Health as we celebrate the National Alliance on Mental Illness (NAMI)'s Mental Health Awareness Month! Use this calendar every day to help spread the word through awareness, support, and advocacy.



**1 in 20** U.S. adults experience a series mental illness each year, but **less than 2/3** receive treatment. The average delay between onset of mental illness symptoms and treatment is **11 years.** 

55% of U.S. counties do not have a single practicing psychiatrist

**60%** of Americans are concerned about the stigma around mental illness.