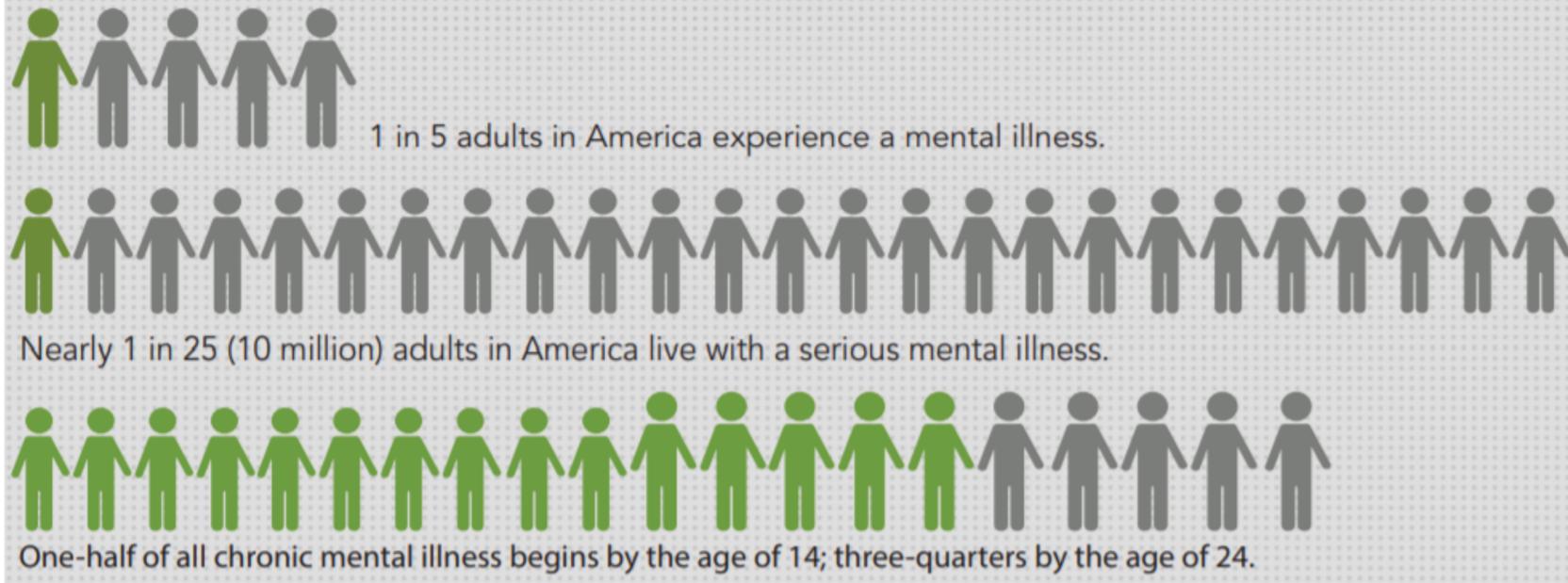


WORLD MENTAL HEALTH DAY

OCTOBER 10

Mental Health Facts in America

Fact: 43.8 million adults experience mental illness in a given year.



WORLD MENTAL HEALTH DAY

Observed for the first time in 1992, World Mental Health Day was started by the World Federation for Mental Health. Observance of the day, which was started to promote mental health advocacy and education, initially began as a two-hour telecast, which was broadcast globally. Over the years, the day grew in popularity and garnered the support of other international organizations, who began holding their own events. By 1994, the day was assigned a theme, the first of which being "Improving the Quality of Mental Health Services."

(Excerpt from <https://wfmh.global/world-mental-health-day/>. Organizational Information from <https://nami.org>.)

This year's theme is "Mental Health in an Unequal World." The events of the past year brought to light just how unequal access to mental health services remains. Too many people cannot obtain the mental health services they deserve, including 75% to 95% of individuals in need of mental health services in low- and middle-income countries. Even higher income countries struggle to provide adequate mental health services to those in need. Together, we can create a world where *everyone* can access the help they deserve.



VANDERBILT
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NATIONAL ALLIANCE ON MENTAL ILLNESS

The National Alliance on Mental Illness (NAMI) is a nationally recognized non-profit and the nation's largest grassroots mental health organization. Founded in 1979, the organization has been advocating for mental health access and awareness for over 40 years. A leader in the mental health advocacy space, NAMI works to offer education programs, a toll-free help line, host public awareness events and even shape public policy. The organization offers a multitude of resources, such as information about different types of mental illnesses, research, tips on how to cope with one's own mental or that of a loved one, support groups, online discussion groups and much more.

NAMI has affiliates all across the country, including in Nashville, Tennessee. They host several local events throughout the year and even offer classes for those living with mental illness. Check them out at namitn.org.

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