





# Mental Illness Reality Check

## What is mental illness?

Mental illness is a very real and serious condition that causes changes in a person's thinking, mood, and behavior.

## Who can get it?

Anyone. Adults and kids of all ages and of every color and race are at risk for mental illness.

## Who has mental illness?

Nearly 1 in 5 persons aged 18-24 reports having a mental illness. Chances are that you actually know someone who suffers from some form of mental illness.

## Can people recover from mental illness and have regular lives?

Absolutely. Many individuals with mental illness have wonderful and successful lives. Most have learned to live with their illness by getting the help they needed from professionals, friends, and family.

[www.monarchnc.org](http://www.monarchnc.org)



### Reality Check

The reality is that you can save a life, maybe even your own.



## What does this have to do with you?

It is very likely that you or someone close to you has or will have some form of mental illness sometime in your life. It is your responsibility to take that person and their condition seriously.

Mental illness is just as serious as diabetes or asthma. If left untreated, the outcome could be tragic.

You can help by being a good friend, listening, and encouraging them to get help. If you believe that you may have a mental illness, you should seek help as well.

## CHECK OUT THESE REAL PEOPLE WHO HAVE HAD EXPERIENCE WITH MENTAL ILLNESS

CHARLES DARWIN  
CAMERON DIAZ  
JIM CARREY  
J.K. ROWLING  
CHARLES DICKENS  
ASHLEY JUDD  
DAVID BECKHAM  
LUDWIG VAN BEETHOVEN

HUGH LAURIE  
CARRIE FISHER  
ALBERT EINSTEIN  
MICHELANGELO  
JUSTIN TIMBERLAKE  
JESSICA ALBA

## HERE IS A DOSE OF REALITY

- Only 1 in 4 adults believe a person with mental illness can recover.
- Eating disorders, anxiety, depression, mood swings, uncontrollable temper, drug addiction, alcoholism, and uncontrollable fears are just a few examples of mental illness.
- Everyone will be affected by mental illness in one way or another in their lifetime.
- Even young kids can get depressed – more than 2 million in the U.S.
- The number one factor in a person's recovery plan is the support and acceptance of friends.
- Every single minute of every day, someone in the U.S. tries to kill themselves.



### WHAT DO...

Billy Joel, Abraham Lincoln, Halle Berry, and Brooke Shields all have in common?

- A. They're all famous.
- B. They've all been successful.
- C. They've all suffered from mental illness.
- D. All of the above.

Believe it or not, if you answered "D- All of the above," you are correct. That's right, even the mental illness one. Hard to believe that these people could have a mental illness? Read on for more interesting information about this surprisingly common struggle.

