

# Spotlight on: Mental Health

OMH's Spotlight series highlights the challenges faced by different New York populations. We recognize the unique issues surrounding mental health and invite you to learn more.

## Did you Know?

At least 1 in 5 New York adults will experience a mental health disorder in any given year.



1,700 New Yorkers die by suicide each year.

10TH  
Leading  
Cause

of death in the  
United States

2ND  
Leading  
Cause

of death for people  
ages 10 to 34.

Less than 1/2 of adults with mental illness and less than a 1/4 of children and adolescents get the treatment that can help them feel better.



adults



children and  
adolescents

### Did You Know?

Between 80% and 90% percent of people with depression respond well to treatment. Almost all patients gain some relief from their symptoms.

*Data from NAMI, CDC, APA and the U.S Department of Health and Human Services*



If you are struggling with your mental health, there are many reasons to be hopeful.

**Treatment** can be highly successful. **Peer support** can be highly effective.

For more information on mental health recovery, visit <https://www.mhanational.org/recovery-support>

## Take Action

**Share your story.** Most people have struggled with their mental health at some point during their lives. Speaking openly about your own story can help others feel less alone.

**Make it normal to ask about mental health.** Check in on others and ask them directly how they are feeling. Thank them if they decide to share their struggles with you. Don't try to solve their problems or dismiss their concerns; instead acknowledge their feelings and let them know you hear them.

### In the Workplace

Does your organization make it okay for people to speak up when they are struggling? Consider an anonymous survey or other ways to get feedback on how your employees would like to be supported.

How can your company stay flexible to encourage people to take the time they need to care for their mental health?

**Make resources for emotional health available all the time**, instead of waiting to offer them when someone is having a hard time. Consider adding a mental wellness section to your weekly or monthly news bulletin.

## Need Help?

**Crisis Text Line:** Text GOT5 to 741741

**988 Suicide and Crisis Lifeline:** Call or text 988 or chat [988lifeline.org/chat](https://988lifeline.org/chat)

**Trevor Lifeline:** 1-866-488-7386 or Trevor Text: Text START to 678678

**OMH's Customer Relations:** 1-800-597-8481



Office of  
Mental Health