The American Psychiatric Association defines Mental illnesses as health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.

You are not alone.

Mental illness is common at all ages. Nearly 1 in every 5 adults in the US experience some form of mental illness each year.

Mental illness is not your fault. For many people recovery is possible, especially when you recognize the need for help and start treatment early.

Statistics since the COVID-19 Pandemic started:

- More than 2 in 5 US residents report struggling with mental or behavioral health issues associated with the coronavirus disease 2019 (COVID-19) pandemic, including anxiety, depression, increased substance use, and suicidal thoughts
- In June 2020 nearly 41% of US adults reported experiencing at least 1 adverse mental or behavioral health condition.
- Symptoms of anxiety disorder were 3 times those reported in 2019
- Symptoms of depressive disorder were almost 4 times those reported in 2019.

Where to get help?

- Friends
- Family
- Primary Care Doctor
- Health Insurance Company
- National Alliance on Mental Illness
- National Suicide Prevention Lifeline: 1800-273-8255
- 911
- University’s Employee Assistance Plan: 800-450-1327

QUESTIONS:

Students contact Health Services at healthservices@baypath.edu

Employees contact Erica Blyther, RN at eblyther@baypath.edu