



nami

National Alliance on Mental Illness

SOUTHERN ARIZONA

MENTAL HEALTH IN SOUTHERN ARIZONA
A SERIOUS HEALTH PROBLEM

DEPRESSION AND ANXIETY ARE EVERYWHERE.

IN PIMA COUNTY: anxiety/depression disorders are identified as the top health issue

IN THE US: 18% of American adults live with anxiety disorders

IN THE WORLD: depression is the leading cause of disability



PIMA COUNTY REALITIES:

1 in 5, or **200,000 adults** experience a mental illness in a given year.

\$605 million in lost earnings

57,000 Hispanics, 4,800 Asians, 7,600 African Americans.



HOW DOES THIS EFFECT LIFE SPAN IN ARIZONA?

People with a serious mental illness **DIE MORE THAN 30 YEARS EARLIER** than those without challenges. **SUICIDE** is the **9TH LEADING CAUSE OF DEATH.**

IT STARTS WITH OUR CHILDREN.

50% of chronic mental illness **begins by age 14;** 75% by age 24

1600 students over 14 with a mental illness **dropped out of high school** in Pima County

70% of youth in juvenile justice in Pima County have at least one mental health condition



TREATMENT TRULY HELPS.

72% OF THOSE WITH MENTAL ILLNESS CAN RECOVER —

live, work, learn and participate fully in the community

60% of adults with a mental illness **DIDN'T RECEIVE MENTAL HEALTH SERVICES** in the

previous year

FEMALES ARE 50 PERCENT LESS likely than males to use mental health services

NAMI SOUTHERN ARIZONA IS HERE FOR EVERYONE.

NAMI SA helps over 6500 individuals with mental illness and their families annually

- Understand their rights
- Obtain mental health services and information
- Work with mental health and legal systems

NAMI SA volunteers provide nearly **\$100,000 worth of education and treatment services annually**

NAMI SA resources are available to everyone—individuals with mental illness and their families, at no charge to the participant.

HOW YOU CAN HELP.

NAMI Southern Arizona DEPENDS on you. Become a member, volunteer or donate today. There are many ways to help.

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DATA SOURCES:

National Alliance on Mental Illness • Pima County Department of Health
Arizona Department of Education • Pima County Juvenile Court

