



# No Health Without Mental Health

Mental Health Awareness Month

Behavioral Health Wellness and Prevention Services – Virginia Beach- Mental Health Awareness

You may have seen there is “no health without mental health,” but what does that mean? According to the Center for Disease Control (CDC), mental and physical health are equally important components of overall health. Mental illness, especially depression, increases the risk for many types of physical health problems, particularly long-lasting conditions like stroke, type 2 diabetes, and heart disease. Similarly, the presence of chronic conditions can increase the risk for mental illness.



## What is Mental Health?

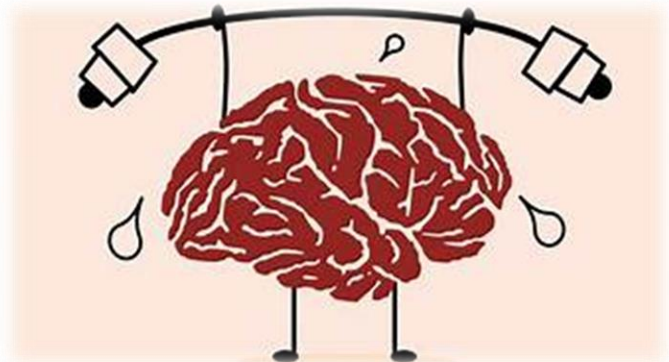
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.<sup>1</sup> Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Although the terms are often used interchangeably, poor mental health and mental illness are not the same things. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.

## How common are mental illnesses?

Mental illnesses are among the most common health conditions in the United States.

- More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.<sup>3</sup>
- 1 in 5 Americans will experience a mental illness in a given year.<sup>4</sup>
- 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.<sup>5</sup>
- 1 in 25 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.<sup>6</sup>



Information gathered from the Centers for Disease Control and Prevention. [Click here](#) for more information.