Mental Health Awareness Month

According to the **Centers for Disease Control and Prevention (CDC)**, mental illnesses are among the most common health conditions in the United States, with an estimated 1 in 5 Americans experiencing some form mental illness in any given year.

There is no single cause for mental illness. Several factors can increase the risk for mental illness, such as:

- Early adverse life experiences, such as trauma or a history of abuse;
- Experiences related to other chronic medical conditions, such as cancer or diabetes;
- Biological factors or chemical imbalances in the brain;
- Alcohol or drug use;
- Having feelings of loneliness or isolation.

Learn **About Mental Illness / National Alliance on Mental Illness (NAMI)**
- Warning Signs and Symptoms -
- Mental Health Conditions - Common with Mental Illness - Treatments -
- Mental Health by the Numbers - Research

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For more information or other reference and collection development assistance, call the Reference & Information Desk at Adriance Memorial Library at (845) 485-3445 x 3702 or (800) 804-0092 x 3702.
Know that you are not alone. Mental health challenges are real, and recovery is possible.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help.

Follow NAMI Mid-Hudson on Facebook and their other social media platforms leading up to Mental Health Awareness Week Oct. 2-8, 2022 to learn about events and activities, like the Mental Health Awareness [Bike] Ride along Poughkeepsie city streets Saturday, May 14, 2022 and the Mental Health Marathon Saturday, May 21st, 2022.

Join NAMI as they help fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.