

PROVIDER HEALTH EDUCATION & RESOURCES

JULY 2025

July Minority Mental Health Awareness Month



If you or someone you know is struggling or in crisis, help is available call or text 988 or chat [988 Lifeline](#) - If you need emotional support, reach out to the national mental health hotline: 988.

Fast Facts

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the 2nd leading cause of death among people aged 10-14

Education links: [Vibrant Emotional Health : Vibrant Emotional Health](#)

[Help for Mental Illnesses - National Institute of Mental Health \(NIMH\)](#)

[Warning Signs and Symptoms | NAMI](#)