

MENTAL HEALTH MONTH



Mental illnesses are brain disorders that are biologically based medical problems.

Know Science! No Stigma!



Mental Health Facts Texas

Source: Texas Statewide Behavioral Health Coordinating Council

3,309,000

adults in Texas are living with a mental illness.

754,000

adults in Texas have had serious thoughts of suicide in the past year.

61%

Texas who needed mental health treatment the last year did not receive any.



Free online mental health screening by Mental Health America
<https://screening.mhanational.org/screening-tools/>

Courtesy of:

**The Behavioral Health Task Force
of Greater Colorado Valley**