

U.S. Adults Struggle With Mental Health Each Year

What is Mental Health?

Mental health is a person's psychological and emotional well-being. It involves how individuals think, feel, and behave. Good mental health allows people to cope with the normal stresses of life, work productively, and contribute to their communities.

> Remember that you're not alone. If you have concerns about your mental health, reach out to your doctor or call/text 988 to reach the Suicide and Crisis Lifeline to be connected to trained counselors who will listen, provide support, connect you to community resources or dispatch emergency services if necessary.