

May is Mental Health Awareness Month:

Mental Health Awareness Month, started by the Mental Health America organization, has been observed in the United States since 1949.

Mental Health Facts & Figures:

- 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 second leading cause of death among people aged 10-34.

Pennsylvania offers a multitude of mental health resources for those experiencing mental health issues and those who want to help them. To access a list of resources go to: <https://www.pa.gov/guides/mental-health/>

Additional resources are listed on the District's website: <https://www.methacton.org/Page/283>

CRISIS HELP:

Mental health crises can range from risk of suicide to rapid mood swings, abusive behavior, and inability to perform daily tasks, paranoia, and/or loss of touch with reality. If you or someone you know is experiencing a mental health crisis, please reach out for help.

- **Call 911:** If there is an immediate risk of endangering oneself or others, contact 911. Inform the operator that you are calling about a mental health crisis.
- **Crisis Text Line:** Get 24/7 help from the [Crisis Text Line](#). Text PA to 741741 to start the conversation.
- **Suicide Prevention Lifeline:** If you or someone you care about is experiencing thoughts of suicide, please call [the Lifeline](#) at [800-273-8255](tel:800-273-8255). [Español: [888-628-9454](tel:888-628-9454).]

OTHER RESOURCES:

[Get COVID-19 Mental Health Help](#)

[Apply for Medicaid Health Care Coverage](#)

FIND HELP AND TREATMENT:

- **Pennsylvania's Support & Referral Helpline** connects Pennsylvanians with mental and emotional support and to local resources. Call [855-284-2494](tel:855-284-2494) (TTY: [724-631-5600](tel:724-631-5600)).
- **Those in Need are Entitled to Treatment** - [The Pennsylvania Department of Insurance is there to help](#) those having trouble with the mental health benefits covered by insurance. Call them at [877-881-6388](tel:877-881-6388) for assistance.