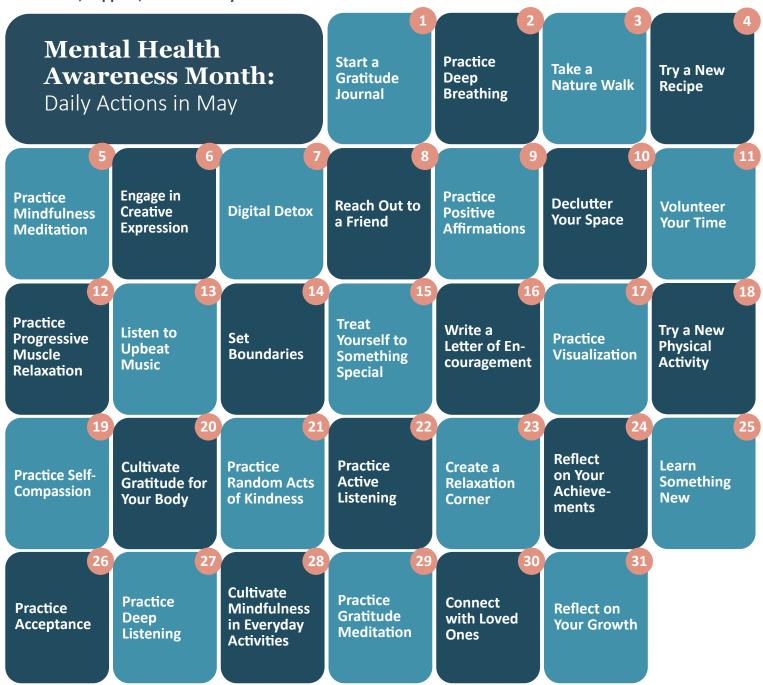
S Guardian · >uprisehealth

More individuals are talking openly and honestly about mental health and are advocating for improving our nation's mental health care system. Join Uprise Health as we celebrate Mental Health Awareness Month! Use this calendar every day to reflect on your own mental health journey, and help spread the word through awareness, support, and advocacy.



1 in 20 U.S. adults experience a series mental illness each year, but less than 2/3 receive treatment.

The average delay between onset of mental illness symptoms and treatment is 11 years.

55% of U.S. counties do not have a single practicing psychiatrist

60% of Americans are concerned about the stigma around mental illness.

For additional information, visit nami.org.

For further help, questions, or referral to community resources for specific problems or personal concerns, contact a qualified professional. The Guardian Life Insurance Company of America®, New York, NY and Uprise Health, Irvine, California 92614. GUARDIAN® is a registered trademark of The Guardian Life Insurance Company of America® and is used with express permission.