



# Let's Talk | Mental Health Awareness

**1 in 5** Americans  
Experience Mental Illness  
in a Given Year

**60%** Do Not  
Seek Treatment

**24%** Increase  
in the U.S. Suicide Rate  
Between 1999 and 2014

**More than 350 million people  
worldwide live with mental illness.**

**Help is here.**

For employees or their family members struggling emotionally, feeling overwhelmed or looking for someone to talk to, reach out to your Employee Assistance Program (EAP).

Talk to a professional clinician about any issue affecting emotional well-being, mental health and daily life.

The EAP is free to use and 100% confidential.