



**PASSAIC VALLEY** ★  
**REGIONAL HIGH SCHOOL** ★  
Serving Little Falls, Totowa, & Woodland Park



## HORNET HEALTHY LIVING: VOLUME 17

# MENTAL HEALTH AWARENESS MONTH

MENTAL ILLNESS AFFECTS MILLIONS OF PEOPLE IN THE U.S.

17% OF YOUTH AGED 6-17 EXPERIENCE A MENTAL HEALTH CONDITION

1 IN 5 U.S. ADULTS EXPERIENCE A MENTAL HEALTH CONDITION EACH YEAR

19% OF U.S. ADULTS HAVE AN ANXIETY DISORDER

STIGMA AND DISCRIMINATION HAVE CAUSED SO MANY OF US TO SUFFER

If you feel you are experiencing a mental health illness reach out and share your story, you are not alone

THE PVHS COMMUNITY IS HERE FOR YOU. REACH OUT TO YOUR GUIDANCE COUNSELOR, THE SCHOOL NURSES,  
YOUR COACH, A TRUSTED TEACHER

YOU ARE  
**NOT**  
ALONE



FOR MORE INFORMATION CONTACT THE NATIONAL ALLIANCE ON MENTAL ILLNESS AT [NAMI.ORG](https://www.nami.org)

THE NAMI HELPLINE 800-950-6264 OR [INFO@NAMI.ORG](mailto:INFO@NAMI.ORG) Or in a crisis, text "NAMI" to 741741

<https://ok2talk.org/#> =