**STOP THE STIGMA RESOURCES**

**FACTS:**

* **1 out of every 5** young people suffers from some form of diagnosable mental illness.
* Suicide is the **second** leading cause of death in the United States—starting with children at age 10 all the way up to adults at age 33 (lifespan.org).
* **Over 2/3 of young people** do not talk about or seek help for mental health problems.
* 80–90% of people that seek the necessary form of mental health treatment can function the way they used to.
* **Stereotypes** are one of the largest barriers preventing young people from seeking the help they need.
* [**https://caps.umich.edu/content/mental-health-facts**](https://caps.umich.edu/content/mental-health-facts)

**PLACES TO GO:**

[**http://health.usnews.com/best-hospitals/rankings/psychiatry**](http://health.usnews.com/best-hospitals/rankings/psychiatry)

* Has information about some of the best Psychiatric Hospitals around the US.
* Ability to search thousands of hospitals across the country in various medical specialties, procedures or conditions.

[**www.acmh-mi.org**](http://www.acmh-mi.org/)

* Has information about the ACMH organization, and can offer help with finding services and information you need to get the right care.
* Has a youth page that helps youth involved in the organization to express themselves, giving the opportunity to connect with other youth.

[**http://www.goaffirmations.org/**](http://www.goaffirmations.org/)

* Metro Detroit’s center for LGBTQ youth and their allies
* Provides support and discussion groups, health and wellness help, and an overall safe space.
* Opportunities to get involved through volunteering and internships for anyone interested

[**http://namimi.org/**](http://namimi.org/)

* Nationwide alliance on mental health
* Provides support for individuals with a mental health concern, as well as for guardians, teachers, and friends.
* Hosts many events to raise awareness throughout Michigan
* Has information on various mental health issues to inform and educate

**NUMBERS/CHATS:**

1-800-273-8255 (National Suicide Prevention Line)

[**http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx**](http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx)

1-866-488-7386 (Trevor Project)

Text "Trevor" to 1-202-304-1200

