

do more for **1in4**



Which of these Americans is living with a mental health condition?

Did you know that 1 in 4 adults struggle with a treatable mental health condition each year? That's almost 60 million people!

Who is your 1in4?

Do you know a family member, friend, veteran, or colleague quietly struggling with depression, ADHD, posttraumatic stress disorder (PTSD), substance abuse, or some other mental health issue? We can help you help them!

Provided through **Prevention, Education & Outreach**, an Affiliate of the Association of Community Mental Health Centers of Kansas.
Contact your local Mental Health Center for help.

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