

# Working Together to Change and Save Lives

## Transition House and You

### HERE ARE A FEW FACTS:

- An estimated 26.2 % of Americans age 18 & older - about 1 in 4 - suffer from a diagnosable mental disorder in a given year. This is equivalent to over 57.7 million people. (NIMH)
- An estimated 6% - 1 in 17 - suffer from serious mental illness. (NIMH)
- Depression is a common mental health disorder, with 18.8 million Americans suffering from depression every year. In addition to being common, depression is a risk factor for suicide.
- More people die by suicide (34,598) than by homicide (18,361) in the United States.
- In 2013, there was 1 suicide every 13 minutes. 1 person attempts suicide every 38 seconds.
- There are more than 1,000 suicides on college campuses per year.
- Groups that are particularly at risk for suicidal ideation and attempt are male, white, and under the age of 21.
- Suicide is the third leading cause of death among persons aged 10-14, the second among persons aged 15-34 years.
- Of Oklahoma's approximately 3.6 million residents, close to 147,000 adults live with serious mental illness and about 39,000 children live with serious mental health conditions.
- Oklahoma spent just \$49 per capita on mental health agency services in 2006, or \$174.1 million. This was just 1.1 percent of total state spending that year.
- Oklahoma is funded 46th in the nation for mental health, despite having the third-highest rate of mental illness. Oklahoma spends \$53.05 per capita; the national average is \$120.56.



### WHEN IT COMES TO MENTAL ILLNESS, THE STORY DOES NOT HAVE TO END IN TRAGEDY.

- At Transition House, over 75% of the people who participate in the Transitional Living and Community Outreach Programs have improvements or maintain healthy life skills that allow them to advance and maintain mental wellness while living a more joy filled life.
- Transition House offers 2 TH Wellness Project opportunities, 1 for OU students and 1 for community members. The focus, prevention and early intervention - learning about and practicing ways to live a healthier life.

## There is Hope!



Become part of Team Transition House and Let's Work Together to Create Hope, Help People Change, and Save Lives!

[www.thouse.org](http://www.thouse.org)