



Mental Health Facts In America

1 in 5

Americans over 13 live with a mental health disorder

1

Depression is the leading cause of disability

90%

of suicides have an underlying mental illness

Anxiety • Depression • Bi-polar • Panic • Addictive Disorders • Schizophrenia • Borderline Personality • Undiagnosed



Temecula Valley

Website: www.namitv.org

Facebook: [NAMI Temecula Valley](#)

Email: info@namitv.org

Free Mental Health Services

- ◆ **Peer Support Groups**
- ◆ **Family Support Groups**
 - ◆ **Classes**
 - ◆ **Resources**

*Statistics provided by NAMI.org

NAMI is a nonprofit organization. All services and groups are free to participants. To donate please visit our website.