Lack of knowledge, fear of disclosure, rejection of friends, and discrimination are a few reasons why people with mental illness don’t seek help (NAMI Multicultural Action Center: Facts about Stigma and Mental Illness in Diverse Communities).

1/5th of patients quit treatment prematurely, with over 70% of all dropouts occurring after the first or second visits. (Association for Psychological Science, The Impact of Mental Illness Stigma on Seeking and Participating in Mental Health Care, Patrick W. Corrigan, Benjamin G. Druss, and Deborah A. Perlick)

9 out of 10 Texans think it’s harder to talk about mental health rather than physical issues.

88% of Texans agree that stigma surrounding mental health issues needs to be removed. 74% of Texans agree more education would make them feel more confident about discussing mental illness. (2014 Texas State of Mind Survey, The Meadows Mental Health Policy Institute for Texans)

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Texans have a friend or family member that has experienced a mental health issue.

2/3 of people with a diagnosable mental illness do not seek treatment.

3/4 of Texans agree more education would make them feel more confident about discussing mental illness.

Nationwide, people with mental illness often experience discrimination.

At work. In school. In housing. In healthcare.