Mental Health: An Introduction

Newly Diagnosed? You're Not Alone

Dealing with a mental illness such as depression, anxiety or bipolar disorder is serious business, and while it can change your life, it doesn't have to destroy you. Getting diagnosed with a psychological disorder affects people in many different ways. Some people feel ashamed and devastated, that they've been forever relegated to the world of people who are "not normal." Other people feel elated to finally have a name for something that they've suffered with for a long time.

There's no right way to react to the news that you have a mental illness, but you can take steps to ensure you thrive no matter what diagnosis you've received. Get informed, find support, line up care and treatment, and learn to live free of stigma. These short information sheets will get you started:

- Snapshot of Mental Illness in the U.S.A
- Mental Health Myths
- Overcoming Stigma and Shame
- Find Care and Treatment

We hope you find the information and support you need to treat and manage your psychological disorder—and please let us know what else you'd like to see on this website. Remember, between the resources available here and those in your local community, you don't have to go it alone.

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