

# TALKING POINTS

## What is the wristband for?

### If you have 15 seconds...

- It supports our campaign to Stamp Out Stigma around mental illness.
- In the United States, one in four adults is affected by mental illness each year.
- One in two U.S. adults will develop at least one mental illness during their lifetime.



### If you have 30 seconds...

- It supports the campaign to Stamp Out Stigma around mental illness.
- In the U.S., one in four adults is affected by mental illness each year.
- One in two U.S. adults will develop at least one mental illness during their lifetime.
- Less than one-third of those with a mental health issue will get help, but for those who do, up to 90 percent are able to significantly reduce their symptoms.
- Learn more about the campaign by visiting [www.stampoutstigma.com](http://www.stampoutstigma.com).
- Wear a wristband and start talking about it.

*Sources: National Institute of Mental Health, National Alliance on Mental Illness, Substance Abuse and Mental Health Services Administration*