



MENTAL HEALTH IN VIRGINIA

- Approximately 1,137,259 to 1,497,870 adults (age 18+) have any mental illness. Approximately 239,750 to 305,000 have a serious mental illness (SMI) as classified by the DSM-V.
- About 100,000 children and adolescents in Virginia have a serious emotional disorder (SED) with about 65,000 of them being extremely impaired.
- Almost a quarter million adults in Virginia live with co-occurring mental health and substance use disorders.
- Almost 1 in 4 of Virginia's jail inmates live with a mental health disorder.
- The national rate of post-deployment mental health problems among returning veterans is about 15-20% at any given time.
- Within Virginia, suicide ranked 11th for cause of death among residents and was the third leading cause among 10- to 24-year-olds.

MENTAL HEALTH IN NORTHERN VIRGINIA

- 8 percent of Northern Virginia residents that struggled with active symptoms of anxiety and/or depression before the pandemic has nearly quadrupled to 28 percent
- 39 percent of the Northern Virginia population has mental health needs and at least 20 percent are not able to get treatment because of barriers of treatment, mainly they struggle to - ask for help, find a provider, manage costs and logistics, and see results.
- At least 8.4 million Americans provide care to an adult with an emotional or mental illness, spending an average of 32 hours per week providing unpaid care.

NAMI Northern Virginia needs your help

On October 8, 2022, **NAMI Walks Northern Virginia** will help to raise awareness, aim to end the stigma of mental health conditions, and raise vital funds for our programs and services that are **free** to everyone because we believe mental health information, education, and support should be available and accessible regardless of ability to pay.

Our critical support services – peer-to-peer support groups, classes, educational presentations, and advocacy – offer those dealing with mental health concerns *HOPE*. Hope that they aren't alone. Hope that there are people on their side. Hope that there is a tomorrow. HOPE that others care.

How can you participate in NAMI Walks Northern Virginia? [We give you all the tools you need](#) to educate and fundraise to your networks:

Start or Join a Team – You and your family, your neighbors, your coworkers, your friends can form a team to spread the word about mental health, stigmas, the work of NAMI Northern Virginia, and help fundraise. Click "[Register Now](#)" and select Start a Team or Join a Team, if you know the team you want to join.

Join as an Individual – You don't have to be part of a team to join in the fun. Click "[Register Now](#)" and select "Individual Participant."

You can also click "[Donate Now](#)" from the main page if you would rather support the Walk without fundraising. If your company or business would like to become a sponsor, please check out our [Sponsor Brochure](#).