

EVERY MIND IS VALUABLE

@societyofvaluedminds

societyofvaluedminds.org

WHY YOUTH MENTAL HEALTH MATTERS



PREVALENCE

- In 2023, an estimated 50% of 18–24-year-olds live with anxiety and depression symptoms in the United States (KFF)
- Almost 50% of adolescents have had a mental health condition at some point in their lives (HHS)
- Mental health conditions are the leading cause of suicide, which is the second-leading cause of death among people aged 15 to 24 in the United States (UCLA Health)
- Mental health problems are more common than heart disease, lung disease, and cancer combined (NCMHW)

THE COST

- Mental health conditions cost the United States at least \$300 billion annually in healthcare expenditures, disability benefits, and lost productivity (NIH)
- Left untreated, mental health conditions increase a person's risk of incarceration, hospitalization, or being unhoused (NIH, NCH)

ACCESS ISSUES

- Over 60% of youth with major depression do not receive any mental health treatment (MHA)



LEARN ABOUT ACCESS ISSUES IN YOUR STATE

"When I went into the psych ward after a suicide attempt, I met all these people with the same issues as me & they felt alone, too. I told them when I got out, I would use my platform to tell our stories & I'm keeping my word."



@NIKKI_LVETTE



@ARI.B.COOPER

"To keep living is the most painful act in the world and the bravest thing I've ever done."

"I'm talking with my representatives and Congress for further funding for mental health initiatives."



@JILL_GKING



@SHELBYLEIGHPOETRY

"Some days I want to shake myself & ask why I can't be like everyone else. Why everyone seems to be so carefree & not have this messy mind that I have... It takes work to see the value in our minds, but it's worth it."

TAKE ACTION

Improve the quality of life for youth in your community by taking action for mental health support!

- ✓ Expand access to insurance coverage for mental health support
- ✓ Invest in community-based mental health services, including early intervention and prevention programs
- ✓ Launch programs and initiatives to normalize mental health conversations and reduce mental health stigma
- ✓ Promote mental health literacy in schools
- ✓ Support mental health research




LEARN MORE ABOUT MENTAL HEALTH POLICY

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WELCOME TO THE SOCIETY OF VALUED MINDS

BROUGHT TO YOU BY  Otsuka

Just follow & you're in.



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SoVM was created to change the way the world sees mental health.

And we need your help to do it. Join us to fight stigma with self-expression, create actionable awareness, and help mental health advocates realize their missions in the world.

We could use a mind like yours.

THE SOCIETY OF VALUED MINDS IS BROUGHT TO YOU BY OTSUKA AMERICA PHARMACEUTICAL, INC.

At Otsuka, we hold a deep respect for the value of every mind.

We believe that the human mind is infinitely valuable, fostering imagination, intelligence, perception, and so much more. By recognizing this value, we have the power to change the trajectory of people's lives. This is why we will not rest until mental illnesses and brain diseases are approached with the same priority and urgency as our physical health and recognized as chronic diseases that warrant early, equitable, and accessible intervention. Through products, programs, policies, and advocacy, Otsuka-people will defy any limitation that stands in their way until every mind is valued.

This commitment extends to those who care for people living with mental illnesses and other brain conditions.

We are dedicated to caring for those who care for our patients—standing with them, the way they stand with their loved ones—and offering the tools they need for the health of others and themselves.

Discover our commitment to health for every mind.



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