

A woman and a young girl are sitting cross-legged on a grey couch, meditating with their eyes closed and hands in a mudra position. They are both wearing white t-shirts and blue jeans. The background is a light-colored brick wall.

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Smart

After Shot:
**OVERCOME METAL
HEALTH ISSUES**

1 IN 5

American adults live with
mental illness.

50%

of all mental illness begins
by age 14.

41%

of people with a mental
disorder receive support.

17%

of youth (6-17 years) experience a
mental health disorder.

11 YEARS

is the average delay between
symptom onset and treatment.