

ASPENPOINTE

SINCE 1875...



Mental Health

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Roughly one in five Americans suffers from a mental illness in a given year.¹ After years of dismantling stereotypes and fighting the stigma associated with mental illness, the mental health field has discovered effective ways to treat and, in some cases, cure many of these conditions, making mental illness among the most manageable of diseases.

Mental illnesses are medical conditions that disrupt a person's mood, feeling, thinking, ability to relate to others and daily functioning. Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder, panic disorder, post-traumatic stress disorder, and borderline personality disorder.

Recovery is possible. In many cases, the success rate is 70 percent and in almost all cases where treatment is sought, management of the illness is possible. Most mental illnesses cannot be cured entirely, but are successfully managed with proper medication and therapy so clients can live happy, productive and healthy lives.

¹ The National Institute of Mental Health

[Confidential Mental Health Assessment](#)



Since 1875, ASPENPOINTE has empowered clients, enriched lives and embraced purpose through individual and family services in mental health, substance abuse, employment & career development, education, housing, jail diversion & reintegration, telephonic wellness, and provider network services.

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