

# Mental Health Awareness Month

A simple guide to finding in-network care, knowing what to expect, and taking the first step toward better mental health.

## 1 in 5

U.S. adults experience a mental health condition each year<sup>1</sup>

## 50%

of people with a mental health condition get care<sup>1</sup>



## Common reasons to seek help

There are many reasons someone might seek therapy—not all of them are visible. Therapy can help you build skills, process experiences, and navigate life's challenges with more clarity and support. In fact, 79% of Two Chairs patients show clinically meaningful improvement at graduation.

Some of the issues therapy can help with:

- }}} Anxiety, depression, or ongoing stress
- △ Life changes, trauma, or grief
- ⚡ Chronic pain
- 🔄 Sleep issues, including insomnia

## Getting started is easy

Two Chairs provides fast, personalized access to licensed therapists across a wide range of needs—from managing everyday stress to treating depression, anxiety, and more complex clinical conditions.



Appointments in 2 days or less



Virtual and in-person care options



94% patient satisfaction (CSAT)

1. Substance Abuse and Mental Health Services Administration. (2024). Key substance use and mental health indicators in the United States: Results from the 2024 National Survey on Drug Use and Health. U.S. Department of Health and Human Services. <https://www.samhsa.gov/data/>

