

American Psychiatric Association Foundation (APAF)
Mentally Healthy Nation Public Service Announcement
Audio Transcript

Voice 1 (Male): Over the past few years, the COVID-19 pandemic has affected how we live our daily lives. Today, we also face a mental health pandemic that threatens our wellbeing as we attempt to rebuild our social networks and communities.

Voice 2 (Female): The pandemic has reminded us to value family, community, and our human connections. However, it has also left many of us feeling more isolated, confused, and alone, struggling to find meaning amid loss and uncertainty.

Voice 1 (Male): Today, one in five Americans experience emotional and mental health challenges, but many of us do not understand what we are facing or know how to ask for help.

Voice 2 (Female): At the American Psychiatric Association Foundation, we understand what you are going through, and we are here to help. Our vision is to build a mentally healthy nation for all. We work every day to eliminate stigma, combat mental illness and substance use disorder, and advance mental health.

If you or someone you love needs help, you are not alone, please visit mentallyhealthynation.org to learn more.