

Break the Silence on Mood Disorders

Countering Stigma with Openness & Understanding

According to a recent NAMI/Harris Poll,

91%

of U.S. adults believe that mental health challenges can affect *anyone*.

In fact, **47%** have experienced at least one symptom of a mood disorder in the last two weeks.

Symptoms can include:

- Changes in sleeping habits/feeling tired & low energy
- Feeling excessively sad or low
- Excessive worry or fear
- Changes in eating habits
- Avoidance of friends & social activities
- Trouble concentrating & learning
- Multiple physical ailments without obvious causes
- Prolonged or strong feelings of irritability or anger
- Extreme mood changes
- Changes in sex drive



1 in 4 (25%)

say there has been a time when they wanted mental health treatment but did not receive it.

Among people diagnosed with a mood disorder, this percentage rose to **58%**.

For people diagnosed with a mood disorder, **87%** say that the stigma they encounter is a major barrier to accessing treatment.



72%

say "It is hard for me to open up about my mood disorder."



61%

say that "people treat them differently" once they learn they have been diagnosed with a mood disorder.



52%

say, "I don't tell others about my mood disorder because they will think I'm weak."

90%

say that guidance and support from peers with lived experience are especially valuable for managing symptoms

SHARING HELPS



3 out of 4 (75%)

of people diagnosed with a mood disorder who have shared their experiences agree that others are interested and supportive.

75% of people diagnosed with a mood disorder agreed, "When I tell others about my mood disorder, they share their own mental health experiences."

We Can All Help Reduce Stigma

- Talk openly about mental health and share your experience with mental health challenges.**
- Use non-stigmatizing language:**
 1. Use "person-first" language
 2. Avoid diagnostic categories as adjectives (e.g., "I'm so OCD")
 3. Avoiding harmful terms, such as "crazy" or "insane"
- Be understanding of what you might not understand and supportive of other people's journey to recovery.**

Remember that we are all in this **#Together4MH**