

# Break the Silence on Mood Disorders!

Countering Stigma Experienced by Young Adults with Openness & Understanding

According to a recent survey by NAMI/Harris Poll, young adults (18–34) who have mood disorders are not getting the treatment they need.

# 68%

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

Many are fearful of being labeled with a mental illness or hospitalized if they seek help.



## Mood disorder 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 3 (32%)

of young adult respondents who had gone without treatment when they wanted it say fear of judgment prevented them from seeking help.

While stigma is a barrier to getting help for people of all ages, it is much higher for younger adults than for other age groups.

**23%** of those aged 35-64

**19%** of those aged 65 and over

# 71%

of young adult respondents who have shared their experiences agree that others are interested and supportive.

## SHARING HELPS



## 3 out of 4 (75%)

**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 (e.g., “John has bipolar disorder,” instead of “John is bipolar”)
  2. Avoid diagnostic categories as adjectives (e.g., “I’m so OCD.”)
  3. Avoid potentially hurtful terms, such as “crazy” or “insane”
- Be understanding and supportive of others’ journeys to recovery.**

Reach Out! Stop the Stigma!  
We are all in this **#Together4MH**