

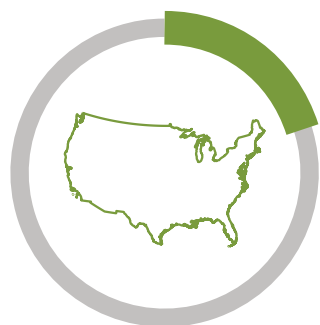
WHAT YOU NEED TO KNOW ABOUT Mental Health

MENTAL ILLNESS CAN HAPPEN TO ANYONE

1 in 5 Adults



experience mental health
conditions each year*



That equals about
43.8 Million
adults in the U.S.

Mental health conditions are **NOT** caused by personal weakness, lack of character or poor upbringing.

They **ARE** medical conditions that can impact a person's thinking, feeling or mood and may affect his or her ability to relate to others and function on a daily basis. Genetics, the structure of the brain, environment and lifestyle can all impact mental health.



ABOUT NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI provides advocacy, education, support and public awareness so all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.



National Alliance on Mental Illness

HelpLine 800-950-6264

www.NAMI.org

Join the conversation
on NAMI's various social
media channels:

 /NAMI

 /NAMICommunicate

 /NAMICommunicate

*Source: <http://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-adults.shtml>

Know the Warning Signs



DEPRESSION

Feeling sad, withdrawn or unmotivated for more than two weeks



SELF-HARM

Making plans to or trying to harm or kill oneself



RISK-TAKING

Out of control, risky behaviors



FEAR

Sudden, overwhelming fear for no reason, sometimes with a racing heart or fast breathing



WEIGHT CHANGE

Significant weight loss or gain; throwing up, using laxatives or not eating to lose weight



MOOD SWINGS

Severe mood swings causing problems in relationships



SUBSTANCE USE

Excessive use of drugs or alcohol



BEHAVIOR

Drastic changes in behavior, personality or sleeping habits



LACK OF FOCUS

Extreme difficulty concentrating or staying still



INTENSE WORRIES

Intense worries or fears getting in the way of daily activities, like spending time with friends or being on time

Find Support

If you or someone you know is experiencing warning signs of a mental health condition, talk to someone.

Reach out to your **healthcare provider** for more resources. Additional options for information and support include:

- **NAMI HelpLine** – Find out what supports are available in your community: (M-F 10am-6pm ET) call 1-800-950-NAMI (6264) or email info@nami.org
- **Crisis Text Line** – Connect to a trained crisis counselor 24/7 by texting NAMI to 741-741
- **National Suicide Prevention Lifeline** – Get immediate help for you or someone you know: 1-800-273-TALK (8255)



Connect with others impacted by mental health challenges:

- **Nami.org/Programs** – Attend a peer-led mental health education or support program in your community
- **NotAlone.NAMI.org** – Share stories, thoughts, art, videos, poems with others in the mental health community
- **Ok2Talk.org** – Share stories with other teens and young adults

