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

Break the Silence on Mood Disorders!
Provide respect & support to caregivers

According to a recent survey by NAMI/Harris Poll, 83% of caregivers of individuals with a mood disorder report negative impacts.

- 30% report decreased quality of life
- 26% report increased caregiving responsibilities
- 25% report reduced activities outside the home

87% of caregivers report recently experiencing mood disorder symptoms themselves.

Mood disorder symptoms can include:

- Changes in sleeping habits/Feeling tired or run down
- Feeling excessively sad or low
- Difficulty concentration or memory
- Changes in eating habits
- Anxiety of Foods & social situations
- Trouble concentrating & learning
- Multiple physical ailments without obvious causes
- Prolonged or strong feelings of irritability or anger
- Unusual mood changes
- Changes in sex drive

Many caregivers are beginning to take steps to support their own mental health.

73% say that they have been more open with others about their mental health since the COVID-19 pandemic started.

2 out of 4 caregivers are currently receiving mental health treatment. 73% of those receiving treatment started in the past year.

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 stigmatizing language as alternatives (e.g., “He’s on a pill”)
  3. Avoid penalizing behaviors such as calling “crazy” or “loonies”.
- Be understanding and supportive of others’ journeys to recovery.

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