MENTAL ILLNESS CAN HAPPEN TO ANYONE

WHAT YOU NEED TO KNOW ABOUT Mental Health

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.

HelpLine 800-950-6264
www.NAMI.org

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

Facebook /NAMI
Twitter /NAMICommunicate
Instagram /NAMICommunicate
## Know the Warning Signs

<table>
<thead>
<tr>
<th>DEPRESSION</th>
<th>SELF-HARM</th>
<th>RISK-TAKING</th>
<th>FEAR</th>
<th>WEIGHT CHANGE</th>
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</thead>
<tbody>
<tr>
<td>Feeling sad, withdrawn or unmotivated for more than two weeks</td>
<td>Making plans to or trying to harm or kill oneself</td>
<td>Out of control, risky behaviors</td>
<td>Sudden, overwhelming fear for no reason, sometimes with a racing heart or fast breathing</td>
<td>Significant weight loss or gain; throwing up, using laxatives or not eating to lose weight</td>
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<th>MOOD SWINGS</th>
<th>SUBSTANCE USE</th>
<th>BEHAVIOR</th>
<th>LACK OF FOCUS</th>
<th>INTENSE WORRIES</th>
</tr>
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<td>Severe mood swings causing problems in relationships</td>
<td>Excessive use of drugs or alcohol</td>
<td>Drastic changes in behavior, personality or sleeping habits</td>
<td>Extreme difficulty concentrating or staying still</td>
<td>Intense worries or fears getting in the way of daily activities, like spending time with friends or being on time</td>
</tr>
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## 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

Learn more about being StigmaFree at home and in the workplace at [www.NAMI.org/StigmaFree](http://www.NAMI.org/StigmaFree)