

BEING A stigmafree COMPANY

Our workplace believes that mental health is part of overall health. We have partnered with NAMI, the National Alliance on Mental Illness, to promote acceptance and challenge stereotypes related to mental health conditions.

AS A STIGMAFREE COMPANY, WE AGREE TO TAKE THE FOLLOWING STEPS:

1
STEP



LEARN THE FACTS ABOUT MENTAL HEALTH CONDITIONS

1 IN 5

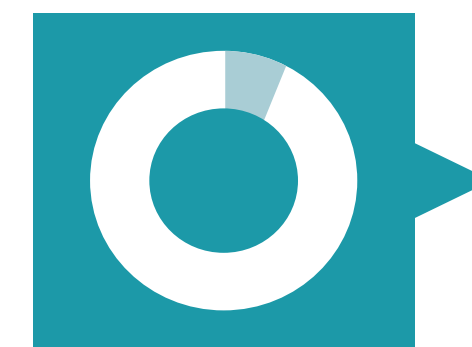
Americans is affected by mental illness in a given year.



HALF

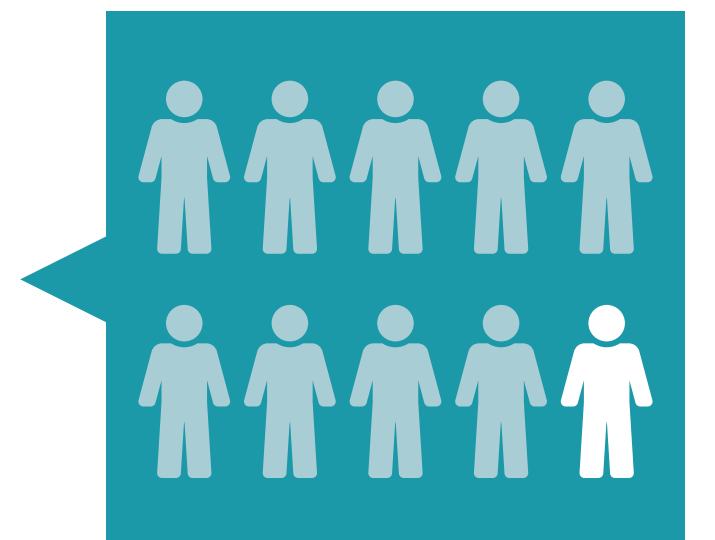
of all mental illnesses begin by age 14, and

75% begin by age 24.



90% of those who die by suicide have an underlying mental illness.

Suicide is the 10TH LEADING CAUSE of death in the United States.



MORE THAN 50%

of adults and youth with mental health conditions received no mental health treatment in the past year.



8.4 MILLION Americans care for an adult living with mental illness, and 3 OUT OF 4 mental health caregivers report high levels of stress.



Mental illness costs the United States \$193 BILLION in lost earnings each year.

2
STEP



SEE THE PERSON, NOT THE CONDITION



CHALLENGE misconceptions when we see or hear them.



Be open, **LISTEN** and try to understand when someone shares a story about a mental health condition.



Use **RESPECTFUL** language to talk about mental health conditions.



Avoid referring to people by an illness and avoid harmful **LABELS** such as challenged, crazy, demented, lunatic or psycho.

3
STEP



GET INVOLVED WITH MENTAL HEALTH ISSUES



SIGN NAMI'S #STIGMAFREE PLEDGE.
www.nami.org/stigmafree



Raise awareness by joining a **NAMIWALK.**
www.namiwalks.org



SHARE A STORY about a personal experience with mental health challenges. www.nami.org/notalone



ADVOCATE for people with mental health conditions by helping to change public policy. www.nami.org/advocacyissues



SPREAD THE WORD by participating in mental health awareness events throughout the year or plan your own event. www.nami.org/get-involved/

stigmafree

NAMI
National Alliance on Mental Illness

www.NAMI.org | 800-950-6264



NAMI



NAMICommunicate



NAMICommunicate



notalone.nami.org | ok2talk.org