According to a recent NAMI/Harris Poll, 91% of U.S. adults believe that mental health challenges can affect anyone. In fact, 47% have experienced at least one symptom of a mood disorder in the last two weeks. Symptoms can include:

- Feelings of depression, hopelessness, and despair
- Moodiness or mood swings
- Anxiety or worry
- Feelings of being high or wired
- Changes in eating or sleeping habits
- Irritability or anger

1 in 4 (25%) say there has been a time when they wanted mental health treatment but did not receive it. Among people diagnosed with a mood disorder, this percentage rose to 58%.

For people diagnosed with a mood disorder, 87% say that the stigma they encounter is a major barrier to accessing treatment.

78% say that stigma has impacted them or someone they know.

44% say that stigma has impacted them or someone they know.

56% say that learning about mental illness has helped them.

75% say that learning about mental illness has helped them.

84% say that being open about mental illness has been a positive experience.

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90% say that guidance and support from peers with lived experience are especially valuable for managing symptoms.

3 out of 4 (75%) of people diagnosed with a mood disorder who have shared their experience agree that others are interested and supportive.

75% say that they have high confidence in their ability to deal with their mental health issues.

56% say that they have high confidence in their ability to deal with their mental health issues.

With talk openly about mental health and share your experience with mental health challenges.

Use non-stigmatizing language:

1. Use “person-first” language
2. Use, “a mental illness” instead of “having a mental illness” or “suffering from a mental illness”
3. Avoid using labels such as “crazy” or “deranged”

Be understanding of what you might not understand and supportive of other people’s journey to recovery.

Remember that we are all in this together.