Break the Silence on Mood Disorders

Countering Stigma with Openness & Understanding

According to a recent NAMI/Harris Poll,

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:

- Changes in sleeping habits/feeling tired & low energy
- Feeling excessively sad or low
- **Excessive worry or fear**
- **Changes in eating habits**
- **Avoidance of friends** & social activities
- **Trouble concentrating & learning** Multiple physical ailments without obvious causes **Prolonged or strong feelings** of irritability or anger **Extreme mood changes Changes in sex drive**



say there has been a time when they wanted

mental health treatment but did not receive it. Among people diagnosed with a mood disorder,

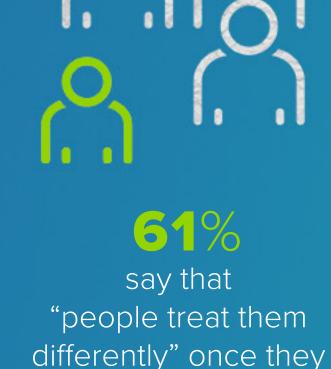
this percentage rose to **58%**.

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



to open up about

my mood disorder."



learn they have been

diagnosed with

a mood disorder.



say that guidance and support

are especially valuable for

managing symptoms

from peers with lived experience



3 out of 4 (75%)

SHARING HELPS

of people diagnosed with a mood disorder who have shared their experiences agree that others are interested and supportive. 75% of people diagnosed with a mood disorder agreed,

"When I tell others about my mood disorder,

they share their own mental health experiences."

We Can All Help



Reduce Stigma Talk openly about mental health



mental health challenges. **Use non-stigmatizing language:**

and share your experience with

1. Use "person-first" language 2. Avoid diagnostic categories as adjectives (e.g., "I'm so OCD") 3. Avoiding harmful terms, such as "crazy" or "insane"

- Be understanding of what you

might not understand and supportive of other people's journey to recovery.

Remember that we are all in this #Together4MH



National Alliance on Mental Illness