

# 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 disruption to family life/home responsibilities



**26%**

report losing a significant number of days at work or school



**25%**

report negative impact on relationships with family or friends

**87%**

of caregivers report recently experiencing mood disorder symptoms themselves.



Mood disorder 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

**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 diagnostic categories as adjectives (e.g., “I’m so OCD.”)
  3. Avoid potentially hurtful terms, such as “crazy” or “insane”
- Be understanding and supportive of others’ journeys to recovery.**

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