

NAMI  
Ending the  
SILENCE

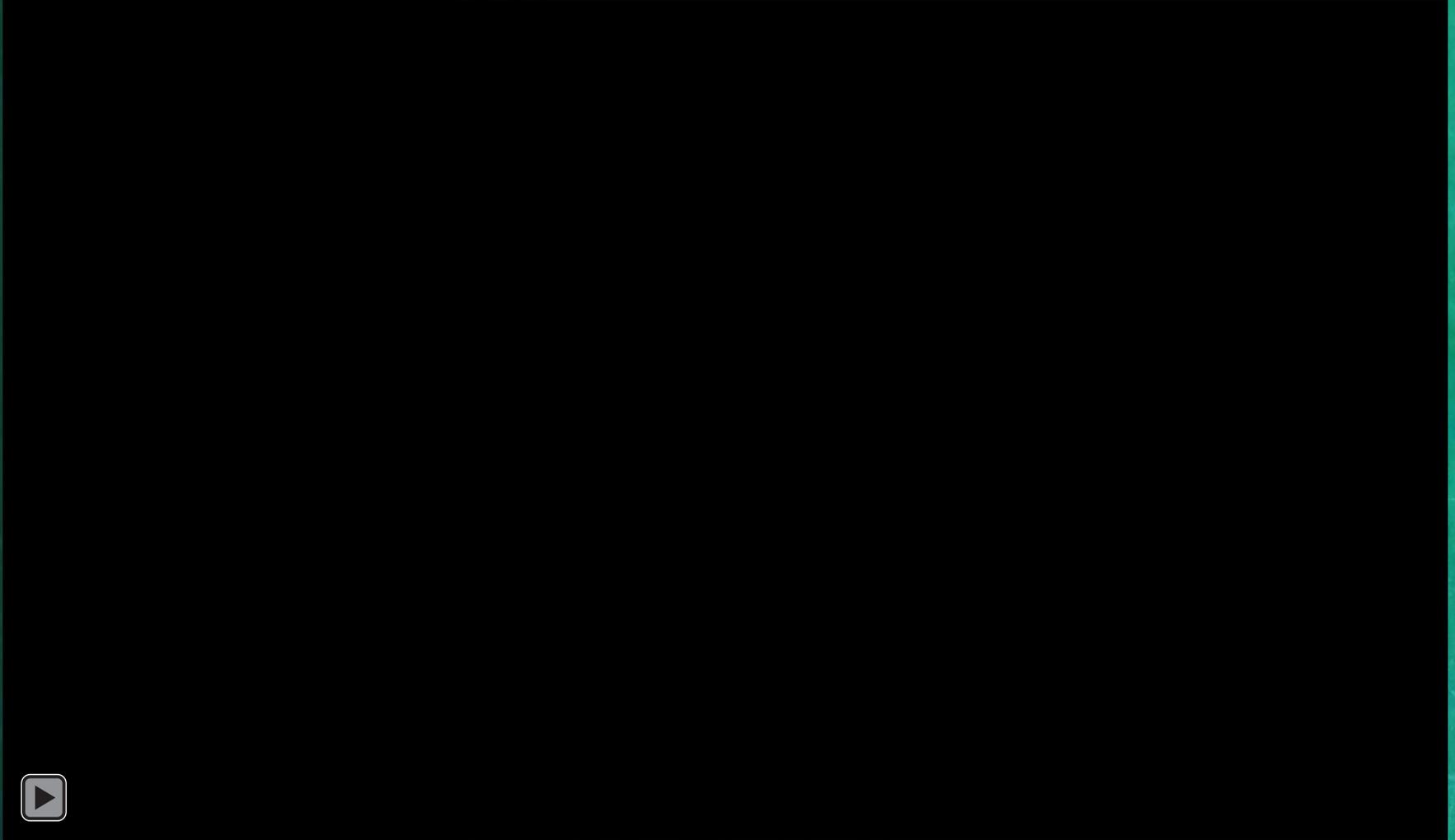


**nami**

National Alliance on Mental Illness



# Circling Stigma



# What is mental health?

- We all have mental health.
- A healthy mind means:
  - Feeling good and enjoying life.
  - Dealing with emotions, stress and challenges in positive ways.
- Mental health can be maintained with good habits.

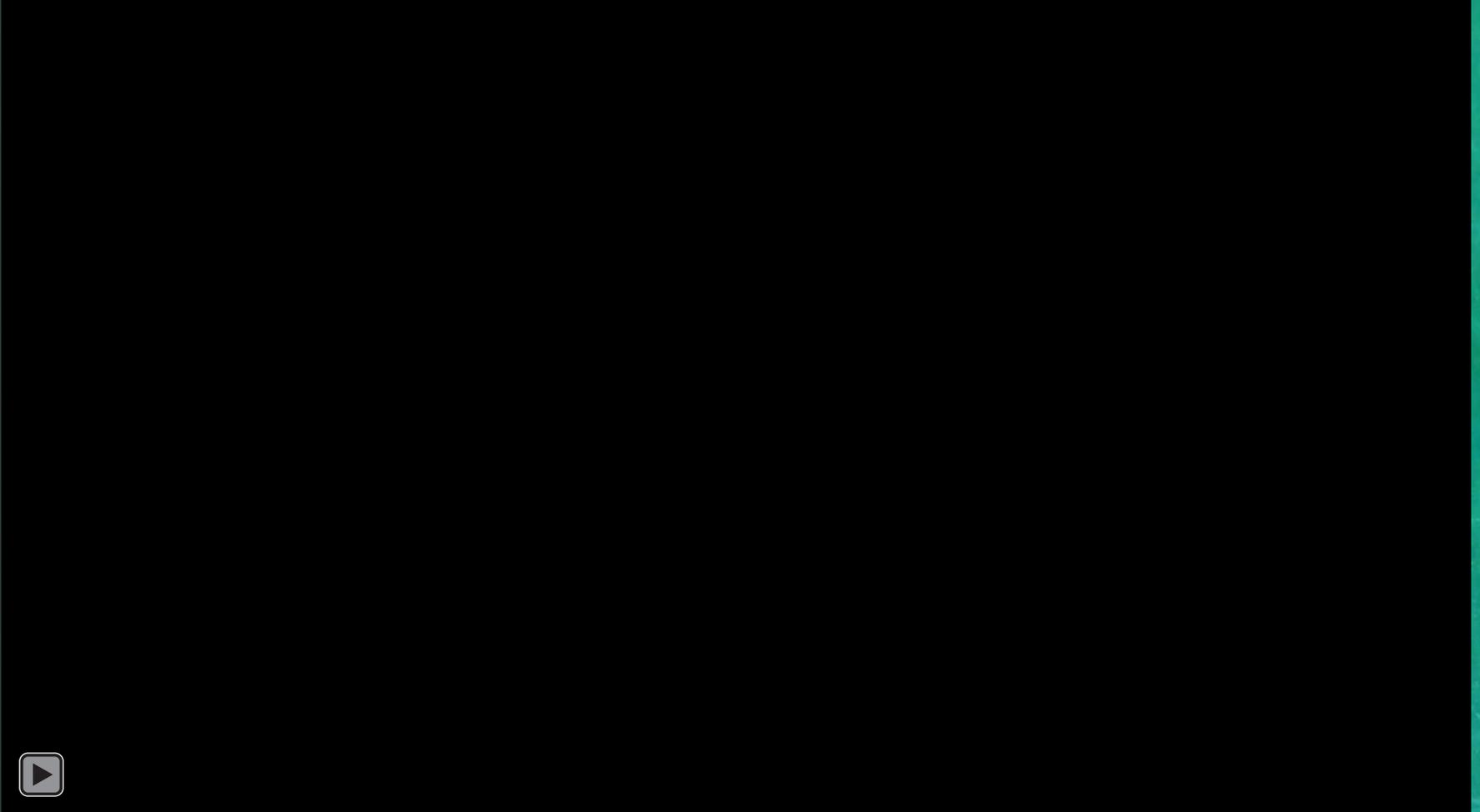


# What are mental health conditions?

- Mental health conditions ARE:
  - Medical illnesses, like physical illnesses.
  - Something that changes how people think, feel and act.
  - Common and treatable.
- Mental health conditions ARE NOT:
  - Anyone's fault or something to be ashamed of.
  - Limiting – you can achieve your goals!



# Become a Friend



# Facts...

- 20% OF YOUTH AGES 13-18 experience a mental health condition in a given year.
- 50% OF YOUTH AGES 8-15 with a mental health condition don't receive treatment.
- 1 in 5 YOUTH in the U.S. are experiencing or will experience a mental health condition at some point in their lives.
- STIGMA is the biggest reason people don't seek help.



# What is stigma?

**Stereotyping**

**Labels**

**Bullying**

**Discrimination**



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- Seeing, hearing or believing things that aren't real
- Drastic changes in mood, behavior, personality or sleeping habits

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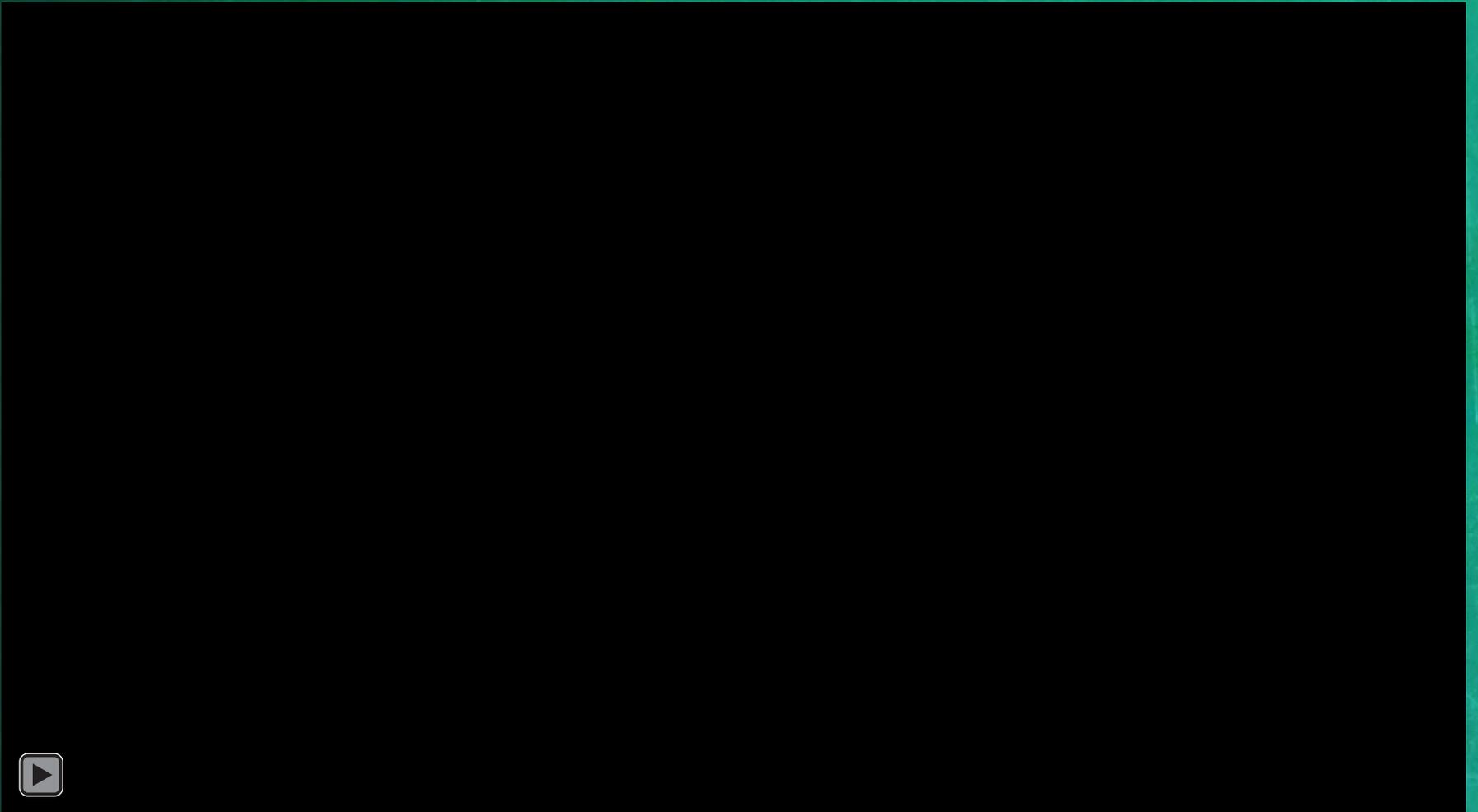
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- Repeated use of alcohol or drugs
- Trying to harm or kill oneself or making plans to do so

# Couldn't do it Alone



# What should you DO?



- Talk to a trusted adult (more than one if necessary).
- Talk to a friend.
- Write a note and give it to someone who cares about you.
- Use resources on handouts, call NAMI.



#OK2TALK

# What are warning signs of suicide?

IMMEDIATE attention is needed if someone is:

- Talking, writing or drawing about death.
- Talking about:
  - Having no reason to live.
  - Being a burden to others.
  - Not being here tomorrow.
- Looking for ways to attempt suicide.
- Feeling hopeless, desperate or trapped.
- Giving away possessions.
- Behaving recklessly.

# What should you do?

Take warning signs seriously, take action  
IMMEDIATELY:

- Ask the question.
- Don't leave them alone.
- Tell an adult you trust.
- Call the National Suicide Lifeline at 800-273-TALK.
- Go to an emergency room or call 911.
- Don't keep suicide warning signs a secret.



# A New Tomorrow



# What can make symptoms BETTER?



## Treatment

- Therapy
  - Cognitive behavioral
  - Group
  - Art or pet
  - Non-traditional
- Medication
- The earlier, the better.

# What can make symptoms BETTER?

## Positive Coping Strategies

- Get enough sleep.
- Exercise and eat healthy.
- Write (journal/blog) or listen to music.
- Be active: join a club, sports, hobbies, hang out with friends.
- Key to improving and maintaining mental health.



# People can SUCCEED!

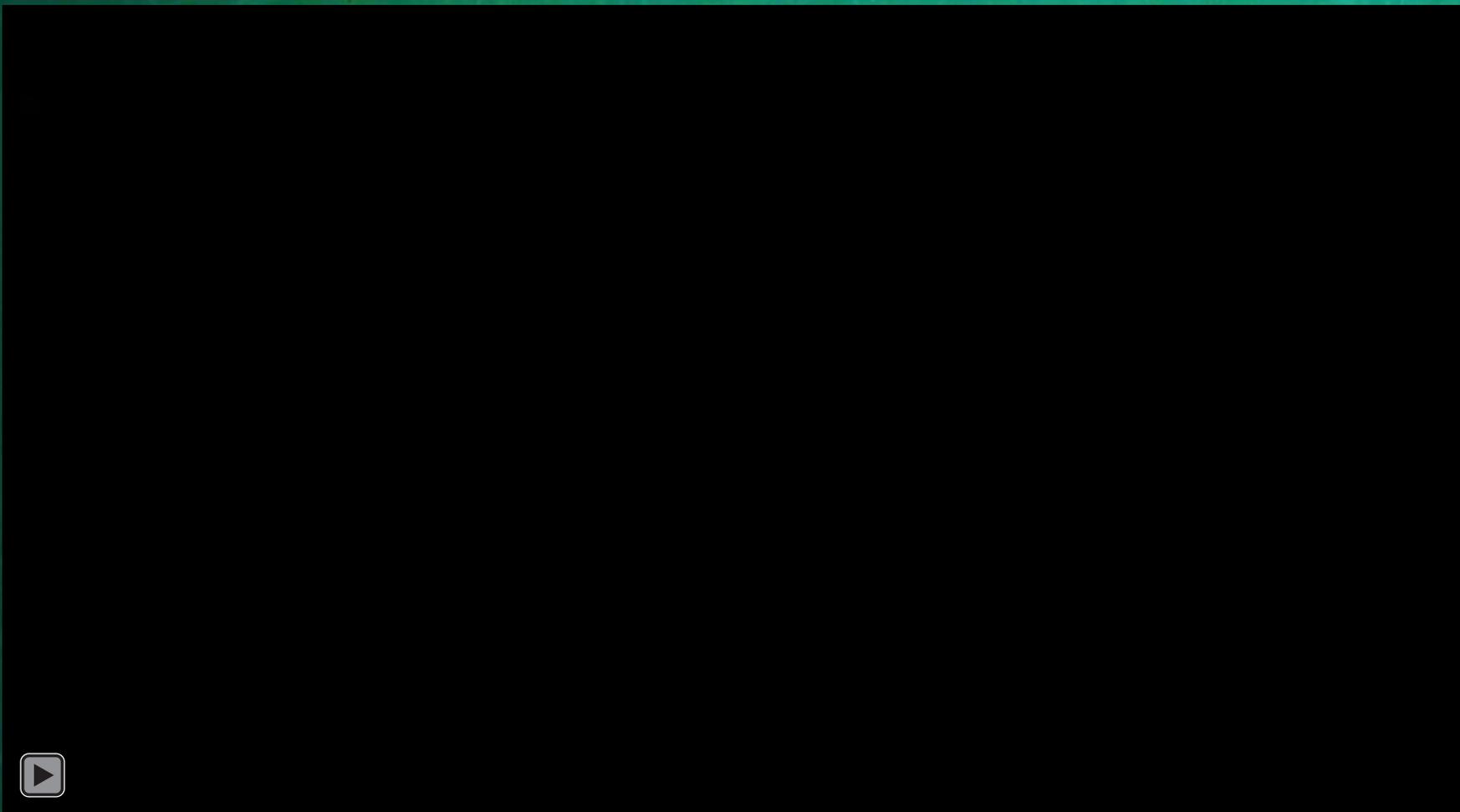


# How can you help a friend?

- Recognize the warning signs and share your concerns.
- Encourage your friend to talk to an adult.
- Share resources with support and information.
- Include them in your plans.
- Help them stay positive.
- Encourage them to follow their treatment plan.
- Check-in regularly, listen and offer support.



# More Than a Mental Illness



# Reduce STIGMA, take ACTION

- Talk about mental health with friends and family.
- Share links to resources on social media.
- Don't bully, stereotype or label others.
- Call people out if they use stigmatizing language.
- Post on [www.OK2TALK.org](http://www.OK2TALK.org) or use #OK2TALK.
- Wear lime green (ribbon, wristband, etc.).

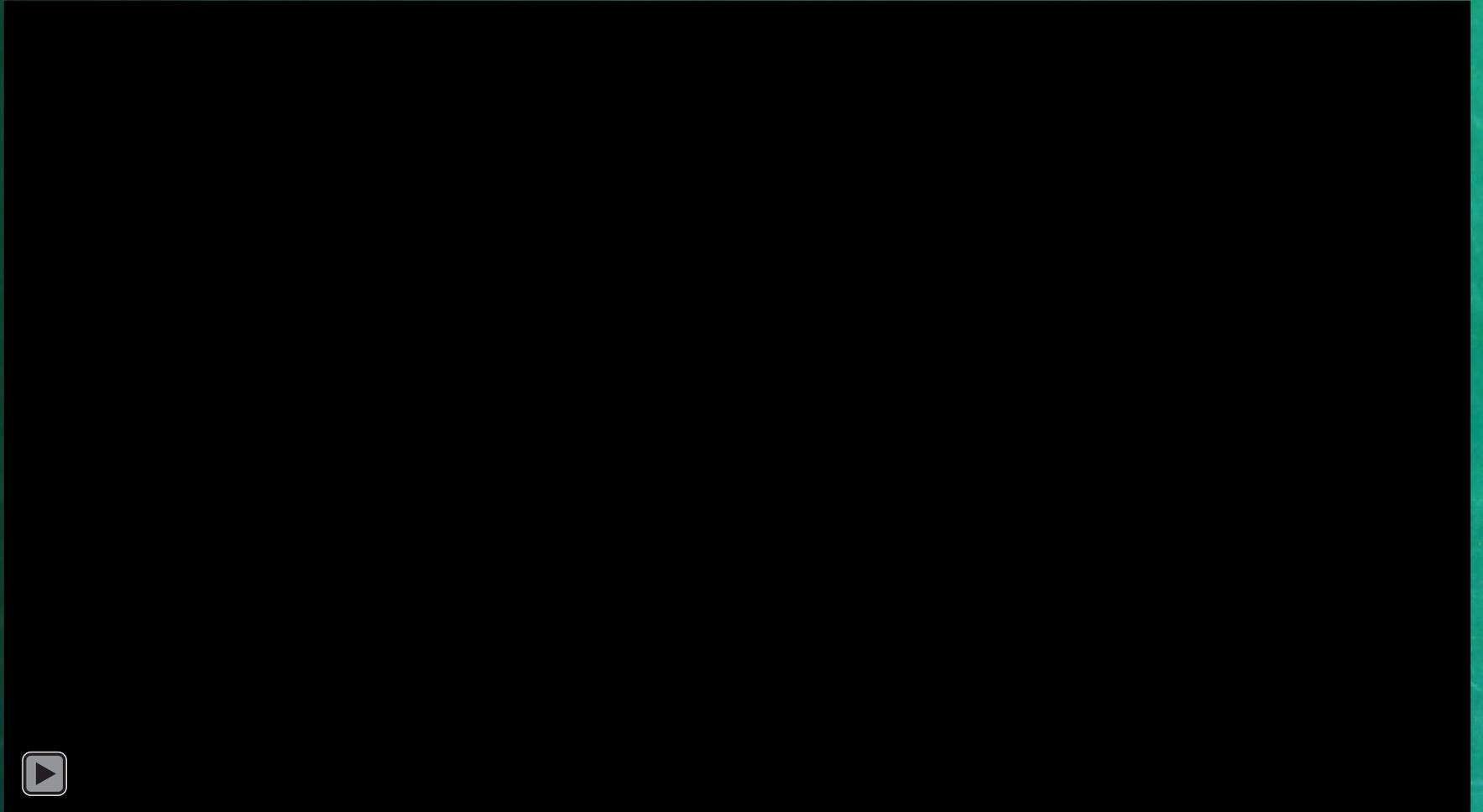


# Remember...

- Mental health conditions are **MEDICAL ILLNESSES**.
- It's **NOT** anyone's fault.
- Know the **WARNING SIGNS**.
- You are **NOT ALONE**.
- **RECOVERY** is possible, there is **HOPE**.
- You have the power to **END THE SILENCE**.



# If We All Speak Loud Enough



[www.nami.org](http://www.nami.org)



# Acknowledgements:

- NAMI DuPage County Illinois
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- [www.walkinourshoes.org](http://www.walkinourshoes.org)
- [www.directingchange.org](http://www.directingchange.org)
- TakingitGlobal's Mental Health, a Guide to Action
- National Institute of Mental Health
- Surgeon General Report 2001
- Talking about Mental Illness: A Guide for Developing an Awareness Program for Youth
- [www.suicideispreventable.org](http://www.suicideispreventable.org)

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