

MENTAL ILLNESS

Can Happen To Anyone

What You Need To Know About Mental Health

Mental health conditions are **NOT** caused by personal weakness, lack of character, or poor upbringing.

They **ARE** medical conditions that can impact a person's thinking, feeling, or mood and may affect his or her ability to relate to others and function on a daily basis. Genetics, the structure of the brain, environment, and lifestyle can all impact mental health.



About NAMI

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization.

NAMI provides advocacy, education, support, and public awareness so all individuals and families affected by mental illness can build better lives.

If you are seeking support or need information on how to better manage a mental health challenge in yourself or a loved one, you are not alone. NAMI is here for you.

Find Support

If you or someone you know is experiencing warning signs of a mental health condition, talk to someone.

Reach out to your healthcare provider for more resources.

Additional options for information and support include:

- **NAMI HelpLine** – Find out what supports are available in your community: (M-F 10am-10pm ET) call 1-800-950-NAMI (6264), chat, text "HelpLine" to 62640, or email us at helpline@nami.org
- **988 Suicide & Crisis Lifeline** – Get immediate help for you or someone you know: call, text, or chat 988 24 hours a day

Connect with others impacted by mental health challenges:

- **NAMI.org/Programs** – Attend a peer-led mental health education or support program in your community

Learn more about being StigmaFree at home and in the workplace at StigmaFree.NAMI.org

KNOW THE WARNING SIGNS

DEPRESSION

Feeling sad, withdrawn, or unmotivated for more than two weeks

SELF-HARM

Making plans to or trying to harm or kill oneself

RISK-TAKING

Out of control, risky behaviors

FEAR

Sudden, overwhelming fear for no reason, sometimes with a racing heart or fast breathing

WEIGHT CHANGE

Significant weight loss or gain; throwing up, using laxatives, or not eating to lose weight

MOOD SWINGS

Severe mood swings causing problems in relationships

SUBSTANCE USE

Excessive use of drugs or alcohol

BEHAVIOR

Drastic changes in behavior, personality, or sleeping habits

LACK OF FOCUS

Extreme difficulty concentrating or staying still

INTENSE WORRIES

Intense worries or fears getting in the way of daily activities, like spending time with friends or being on time