

MENTAL ILLNESS AWARENESS WEEK

[October 6th, Sunday ~ 12th, Saturday]

LIME GREEN

is the National Color for Mental Illness Awareness.

Wear Lime Green to show that you are supporting Mental Illness Awareness!



Mental Illness Awareness Week (MIAW) occurs during the first full week of October each year to support the **National Alliance for Mental Illness (NAMI)** and the movement to fight against stigma. Communities sponsor activities for public education on mental illness and provide resources.

Take Action:

1

Help to educate others by printing out an **Infographic** such as the one attached on the last page, to show how many people are affected by mental illness nationwide. Post information in places like front desks, waiting rooms, offices and cubicles, bathrooms, hallways, community boards, L-Stops, etc!

Here are websites that have printable materials!



[Click Here](#)

To access NAMI's Infographic and "Taking Charge of your Mental Health" posters!

www.nami.org

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

[Click Here](#)

For more tools and learn topics related to behavioral health!

www.thenationalcouncil.org

2

Join the Movement on Social Media!

Facebook:



Instagram:



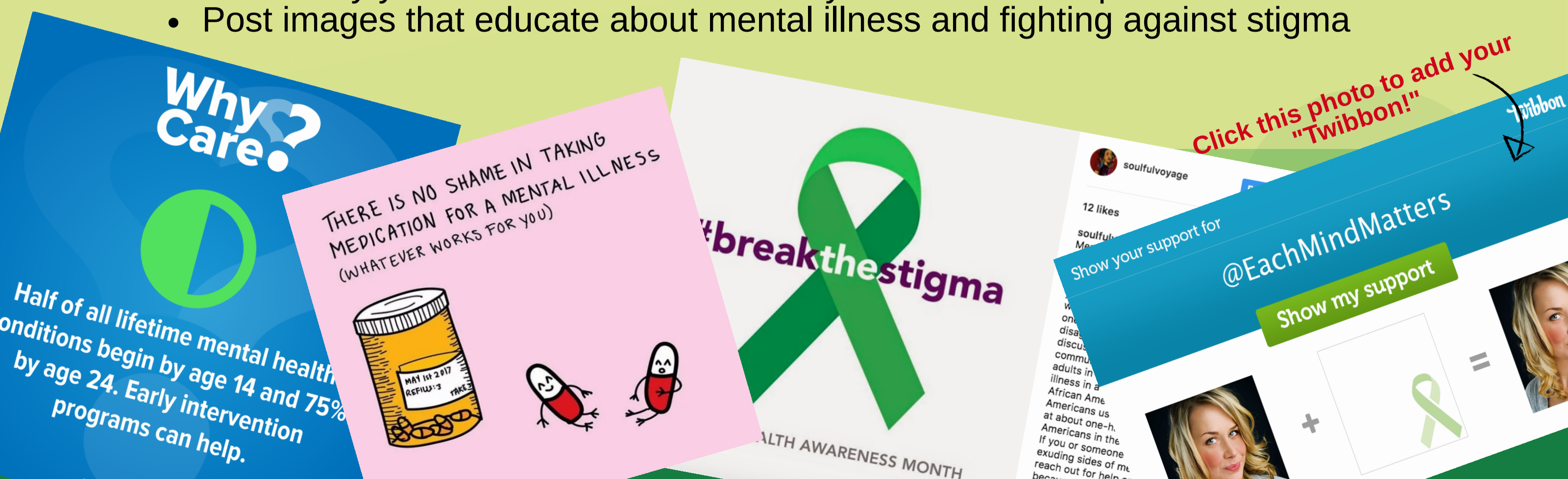
LinkedIn:



Twitter:



- Like and Share posts from **Thresholds'** Social Media Pages
- Post a selfie of you wearing lime green or add "Twibbon" on your profile picture
- Share why you care about the cause or your own lived experience
- Post images that educate about mental illness and fighting against stigma



#MENTALHEALTHAWARENESS
#EACHMINDMATTERS
#HEREWITHYOU
#ITSOKAYTOBENOTOKAY
#STIGMAFREE
#CURESTIGMA
#MENTALHEALTHADVOCATE
#MENTALHEALTHMATTERS

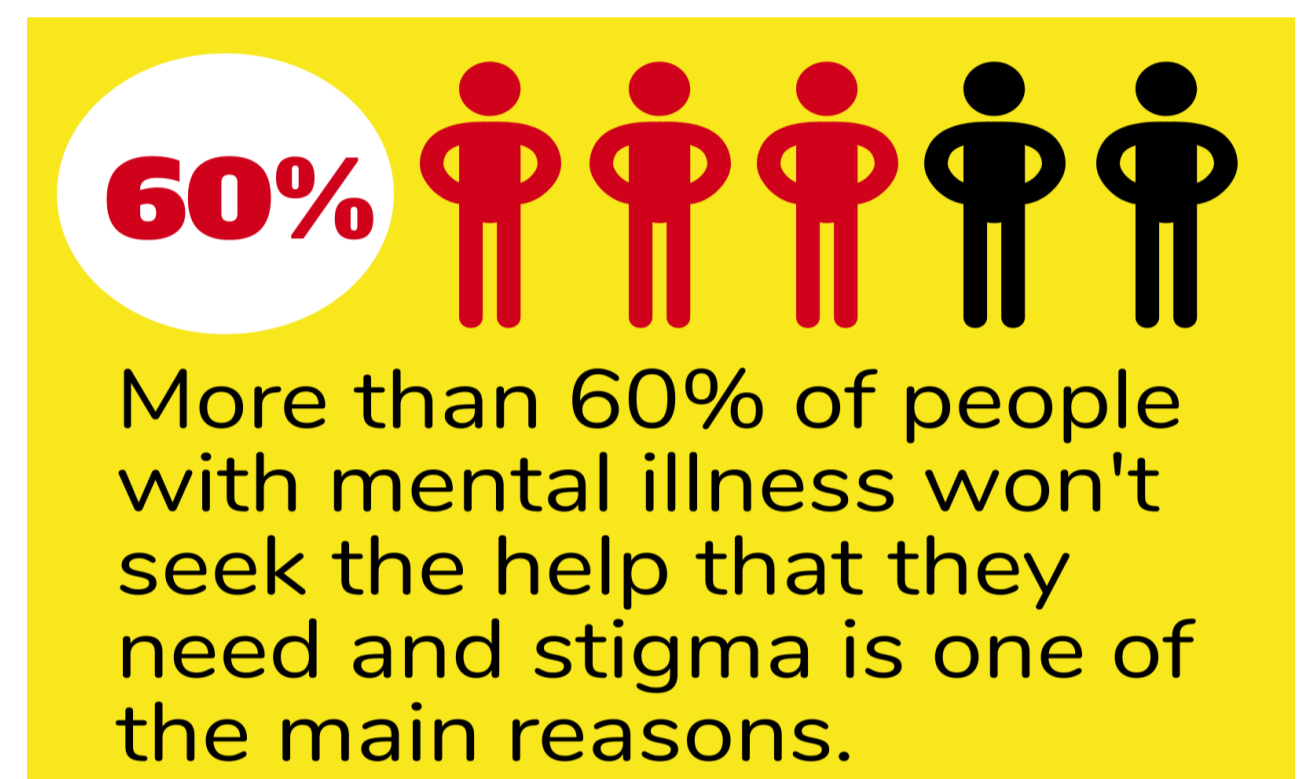
EXAMPLES OF MENTAL ILLNESS AWARENESS #HASHTAGS

What is Stigma?



Stigma is labeling people or associating them with negative attributes or stereotypes. The consequences of stigma result in discrimination and prejudice across many life domains.

Stigma is a **Major Barrier** for individuals with mental illness to seek recovery, treatment and high-quality care.



"I wish people could understand that the brain is the most important organ of our body. Just because you can't see mental illness like you could see a broken bone, doesn't mean it's not as detrimental or devastating to a family or an individual." - Demi Lovato



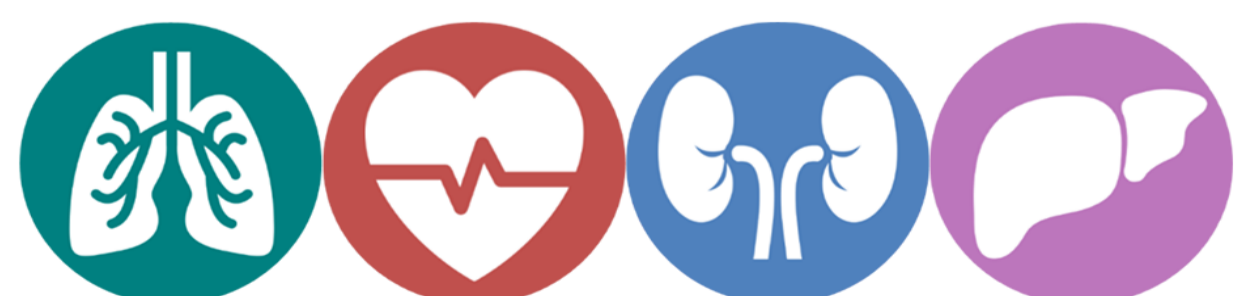
Know the facts:

People with mental illness are **dying 25-30 years** sooner than the general population. **Stigma** adds to already existing healthcare **disparities** that many individuals with severe mental illness experience. People who live with mental illness say they feel **"Patronized, punished, or humiliated"** in primary healthcare settings. Stigma can result in symptoms of physical conditions not being taken seriously, delays in treatment and diagnosis, or over-prescription of medications.

Become an Advocate:

- 1) Model **person-centered language** with primary healthcare providers. Communicate about mental and physical health conditions as clearly as possible.
- 2) Advocate for **integrated healthcare**. Notice and support quality healthcare providers.
- 3) Show **positive ways** that emphasize how healthcare providers have an important role in the recovery process. Encourage healthcare providers to participate in **anti-stigma training programs**.

THRESHOLDS Health Literacy Center



Project funded by NIDILRR/ACL, #90DPHF0001

Resources:

Knaak, S., Mantler, E., & Szeto, A. (2017). Mental illness-related stigma in healthcare: Barriers to access and care and evidence-based solutions. *Healthcare Management Forum*, 30(2), 111–116. <https://doi.org/10.1177/0840470416679413>

Pellegrini C. Mental illness stigma in health care settings a barrier to care. *CMAJ*. 2014;186(1):E17. doi:10.1503/cmaj.109-4668

Mental Health Facts

IN AMERICA

Fact: 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.

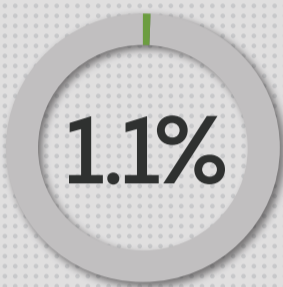


Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.

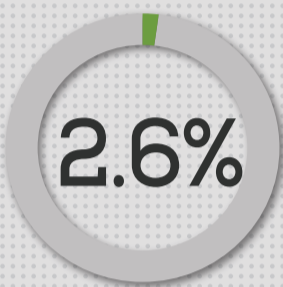


One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

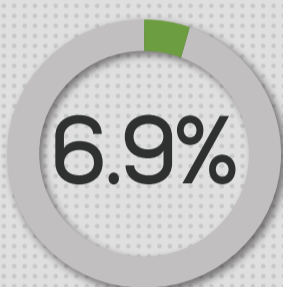
Prevalence of Mental Illness by Diagnosis



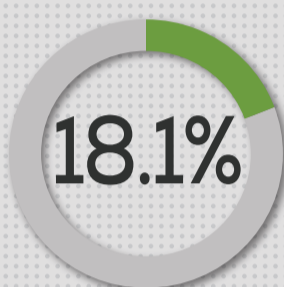
1 in 100 (2.4 million) American adults live with schizophrenia.¹



2.6% (6.1 million) of American adults live with bipolar disorder.¹



6.9% (16 million) of American adults live with major depression.¹



18.1% (42 million) of American adults live with anxiety disorders.¹

Consequences



10.2m

Approximately 10.2 million adults have **co-occurring** mental health and addiction disorders.¹



26%

Approximately 26% of **homeless** adults staying in shelters live with serious mental illness.¹



24%

Approximately 24% of **state prisoners** have "a recent history of a mental health condition".²

Impact



1st

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.¹



-\$193b

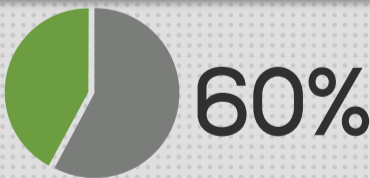
Serious mental illness costs America \$193.2 billion in lost earning every year.³



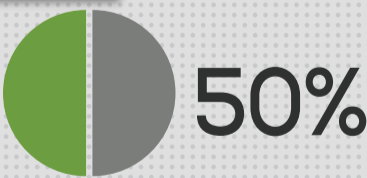
90%

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.³

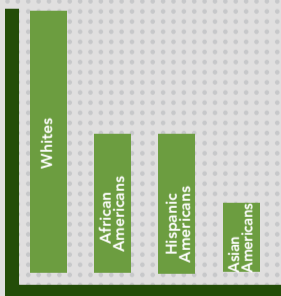
Treatment in America



Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.⁴



Nearly 50% of youth aged 8-15 didn't receive mental health services in the previous year.¹



African American & Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.¹

Ways to Get Help



Talk with your doctor



Connect with other individuals and families



Learn more about mental illness



Visit NAMI.org

¹ This document cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov
² Statistics provided by Department of Justice.
³ American Journal of Psychiatry and U.S. Surgeon General's Report, 1999.
⁴ Substance Abuse and Mental Health Services Administration

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