

Understanding Mental Illnesses

- 1 in 5 adults (1 in 25 for serious)
- Specifically:
 - Depression (7%),
 - Bipolar Disorder (3%)
 - Schizophrenia (1%)
 - Anxiety (18%)
- PTSD, eating disorders, Borderline Personality Disorders
- Associated with other health care conditions such as diabetes, heart surgery, MS

Understanding Mental Illnesses

- Overly emotional, bursting into tears, angry
- Difficulty concentrating, memory issues
- Difficulty screening out stimuli
- Patterns of tardiness or absences
- Changes in stamina or pace, decreased productivity, reduced interest in one's work
- Difficulty handling time pressures, stress, schedules and multiple tasks
- Physical problems: headaches, stomach aches, racing heart, back pain

What We Are Experiencing During COVID

- Living with uncertainty
- Worrying about catching it or loved ones becoming sick, especially if you are an essential worker
- Being alone and isolated
- Being together too much with family
- Loss of jobs and income, worrying about bills
- Grief due to cancellation of meaningful events such as graduations, weddings, funerals, concerts, sports tournaments, birthdays

What We Are Experiencing

- Trying to teach children and work at the same time, especially hard if the child is on an IEP
- Trying to support a loved one who is elderly, vulnerable, has a disability, has a mental illness
- Missing touch - physical distancing is hard
- Difficulty working from home, not a good set up ergonomically, zoom fatigue
- Feeling helpless, especially hard for people who have experienced trauma

Use respectful & accurate language

- Use “people first” language
 - “a person living with schizophrenia”
 - “people experiencing mental illnesses”
- Recognize each illness is different
 - Say, “mental illnesses” or “a mental illness”
- Avoid negative language
 - Instead of “suffering from” use “experiencing”
 - Instead of “life-long” or “chronic illness” use “treatable” or “serious illness”

2. Use respectful & accurate language



Crazy	Mad
Nuts	Cracked
Insane	Kookie
Wacko	Loony
Psycho	Maniac
Demented	Berserk
Deranged	Daft

Create communities of Hope & Support

- Advocate for policies & programs to build systems that foster recovery
- Promote education in schools, work places, faith communities, civic organizations
- Work with leaders to ensure mental health resources are available in libraries, schools, work places and other settings and listed on websites
- Stand up to “Not In My Back Yard”

What We Do

- Education classes, booklets and fact sheets
- Suicide prevention
- Support groups, Helpline
- Public awareness presentations
- Legislative advocacy
- NAMIWalks

Contact Information

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