

The Basics About Mental Health

Myths. Truths. Facts.



Trigger Warning

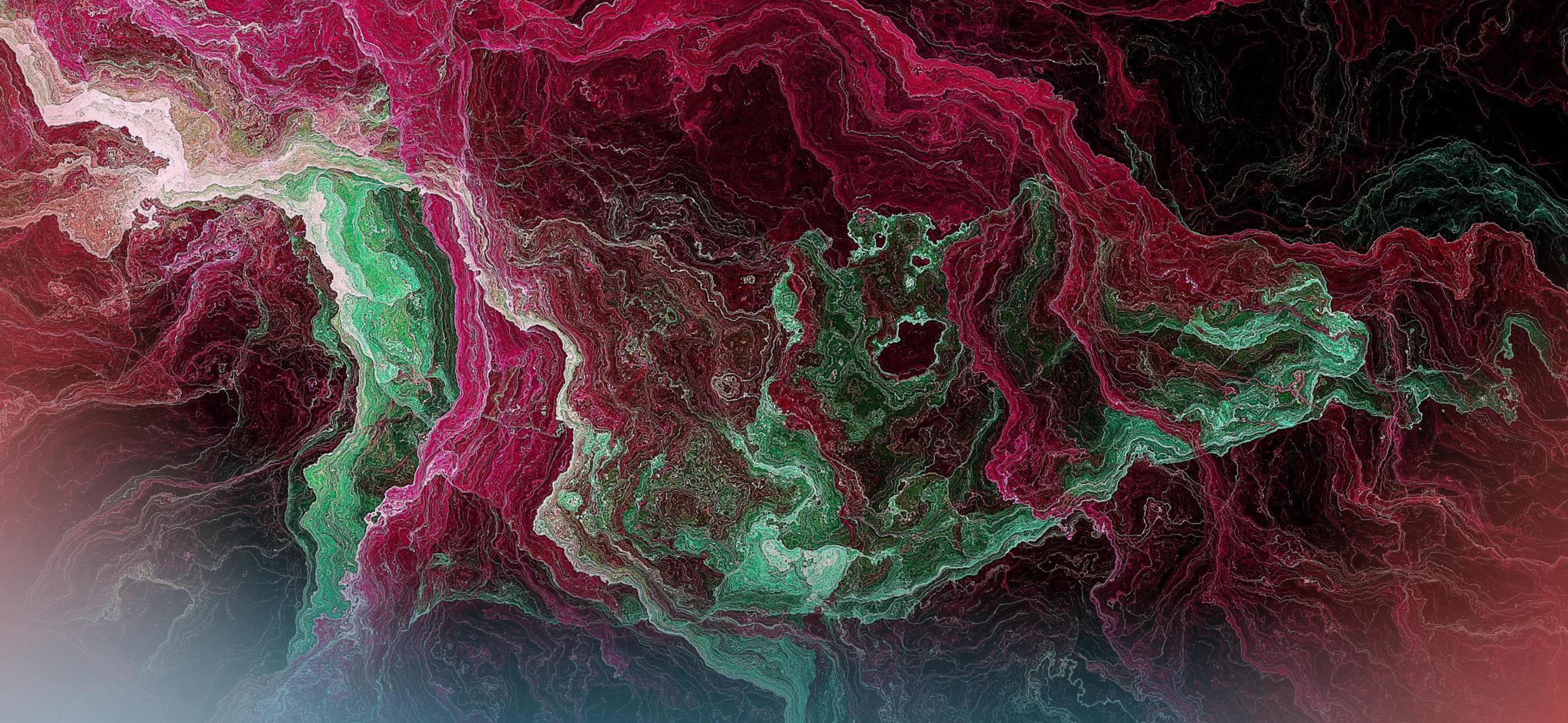


This presentation contains information about suicide & self harming behaviors. Please take care of yourself.

Today's Takeaways:

- Mental Health Statistics, Facts, and Myths
- How YOU Can Help
- How NAMI helps





MENTAL HEALTH STATS, FACTS, & MYTHS

Mental Health Conditions Are Common



1 in 5 people lives with a mental health condition. (1 in 25 lives with a serious mental illness.)

6.9% Depression

2.6% Bipolar Disorder

1.1% Schizophrenia

18.1% Anxiety Conditions

Every year in the U.S...

1 in 5...

1 in 15...

More than **12 million** had serious thoughts of suicide

14.04 deaths per 100,000 Population per year

One suicide death occurs every **11.5 minutes**

Here in Clackamas County...

16.7 deaths per 100,000 Population

12th leading cause of death overall

2nd leading cause of death in 10-24 year olds

Eye Openers



**Most common
diagnosis:**

Anxiety

Depression

ADHD

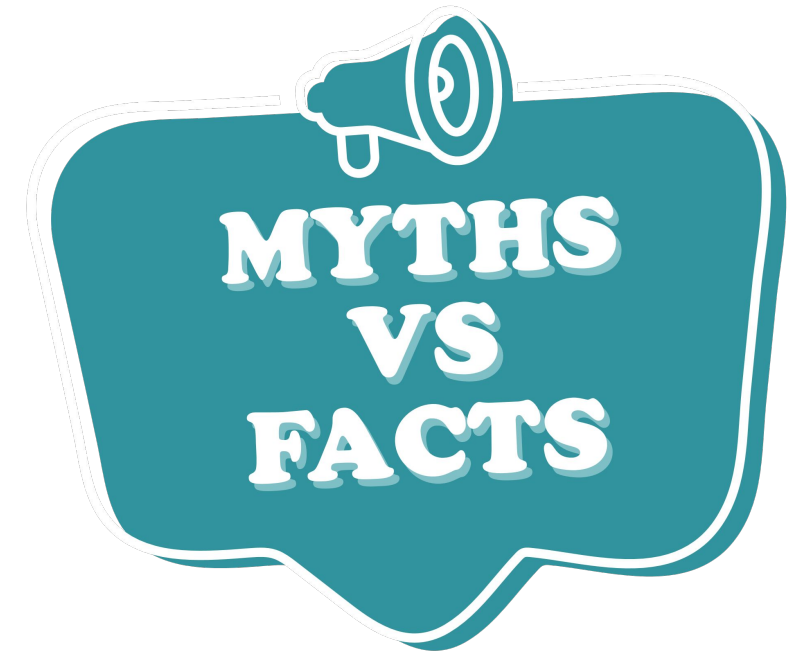


Myth:

**“Children don’t experience
mental health problems.”**

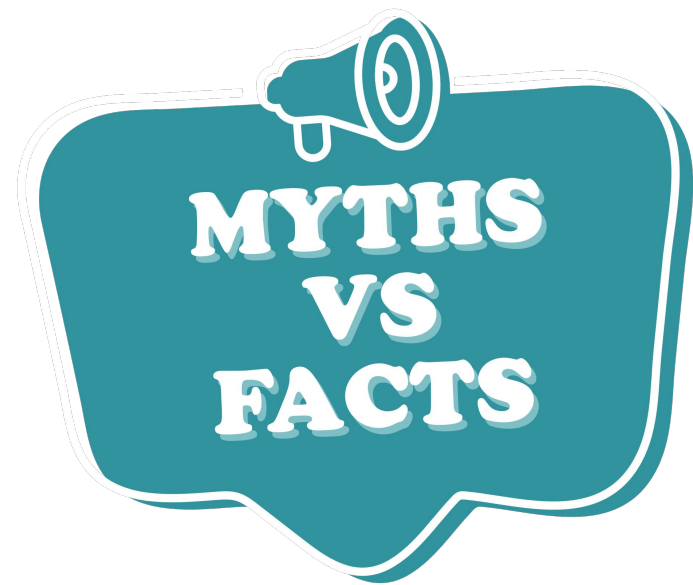
Fact:

**1 in 6 children ages 2-8 years
old has a mental, behavioral,
or developmental disorder.**



Myth:

“People with mental health problems are violent & unpredictable!”



Fact:

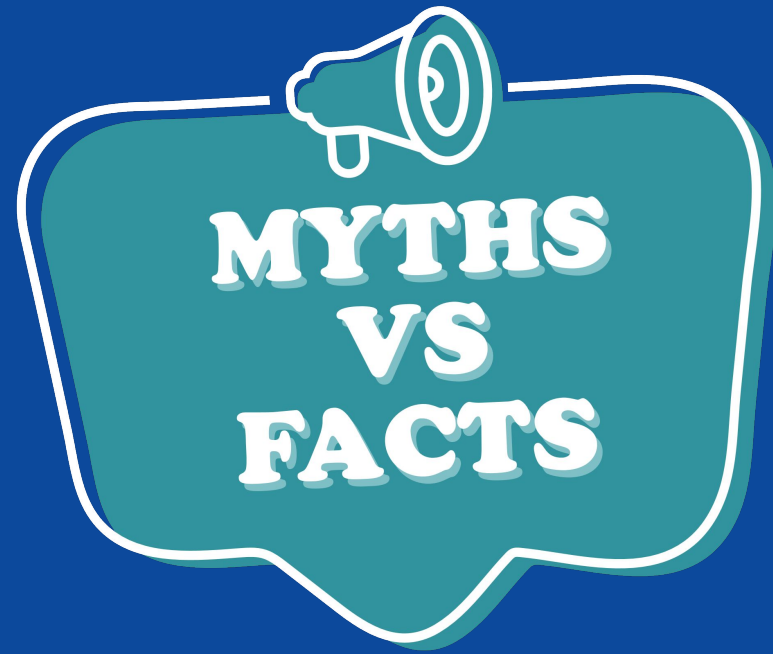
"Mental illness is not a barometer for dangerousness and it is not a correlation for mass attacks." - National Threat Assessment Center

What actually makes people violent:

Financial stressors - 72%

Unstable housing- 39%

Childhood trauma - 20%



Myth:

“Suicide only affects people with a mental health condition.”

Fact:

Suicide affects everyone.

Most common impacts:

**Extreme guilt | Failure | Anger or resentment
Confusion | Distress**

Dangerous Suicide Myths we need to stop propagating:



- **Most suicides are caused by one particular trigger event.**
- **Most suicides occur with little or no warning.**
- **It is best to avoid the topic of suicide.**
- **People who talk about suicide don't do it.**
- **A suicidal person clearly wants to die.**



**What's the AVERAGE
time between someone
suspecting they have a
mental health condition
and seeking treatment
for it?**



**** 11 YEARS****



HOW CAN YOU HELP?



Change the conversation

- talk about it
- ask the question

Change the language

- language matters

Change the perception

- sharing stories changes lives
- recovery is likely

Change the Outcome

- Stop the Stigma
- Seek the Help

Spotting the Signs

PHYSICAL

- constant tiredness
- sickness absence
- being run down and frequent minor illnesses
- headaches
- difficulty sleeping
- weight loss or gain
- lack of care over appearance
- gastrointestinal disorders
- rashes/eczema

BEHAVIOR

- Not getting things done, missing deadlines, forgetting tasks.
- Seeming erratic, or unpredictable
- Irritability, aggression, tearfulness, arguments or conflicts with others
- Being withdrawn and not participating in conversations or being louder and more exuberant than usual
- Increased consumption of caffeine, alcohol, cigarettes and/or sedatives
- Inability to concentrate, indecision or difficulty remembering things
- Loss of confidence
- Unplanned absences.
- Increased errors and/or accidents
- Taking on too much work, or working too many hours
- Being very rigid or fixed about things

How do I know it's time to intervene?

Frequency – does this behavior occur more often than usual?

Intensity – is this behavior more intense than I have experienced/witnessed before?

Duration – does this behavior last longer than it has in the past?

You don't seem to be yourself...Are You OK?...Is There Anything I Can Do?

How do I Intervene?

Calmly approach

Encourage & Reassure.

Actively listen, without judgement

Listen with empathy. You are NOT there to fix it.

Recommend help

988 – OR – 503-655-8585

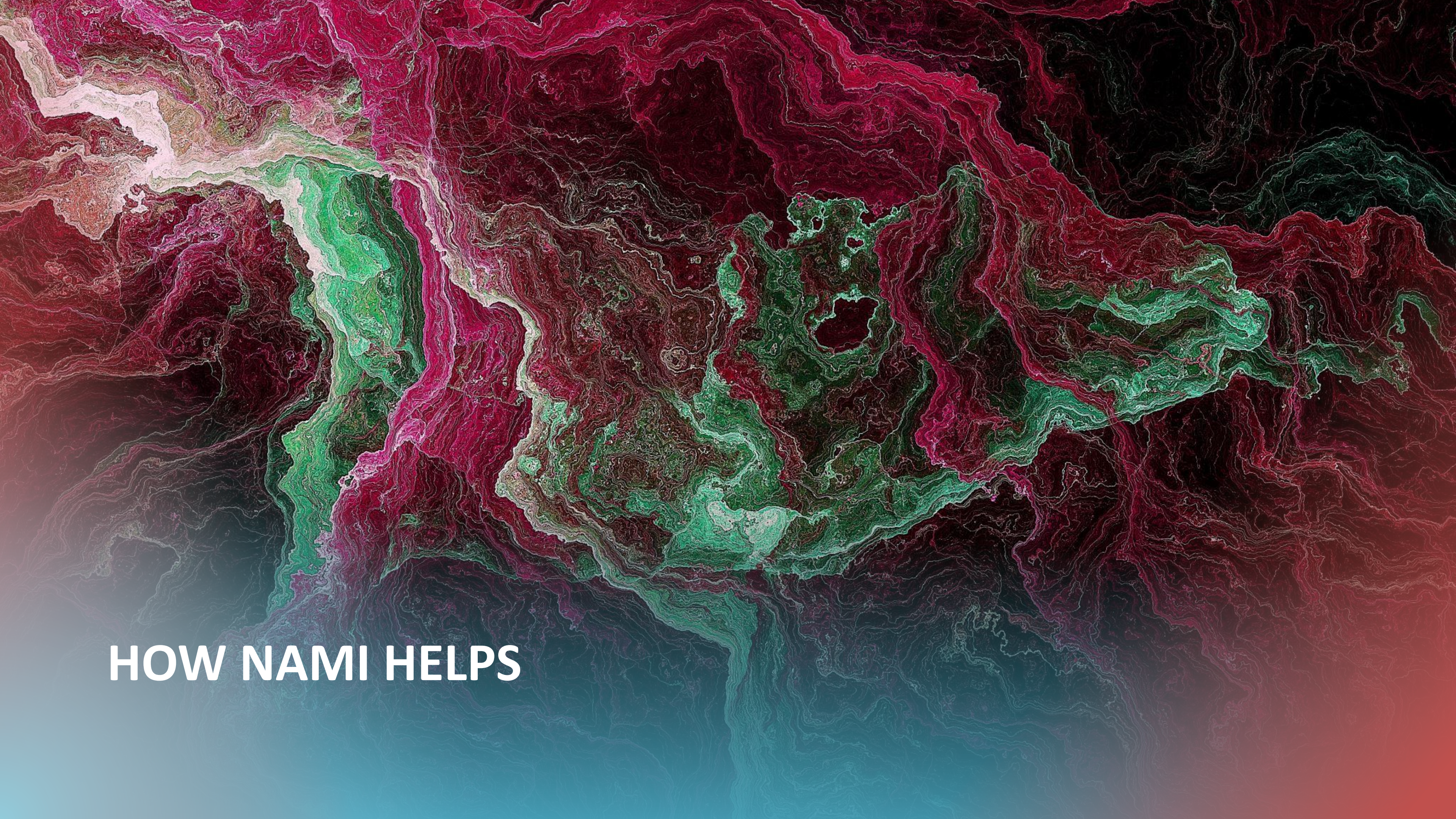
Encourage

Offer options for support.



- **Easier Lifeline Access**
- **Help Not Handcuffs**
- **Area Code Specific**
- **OPEN TO ANYONE!**

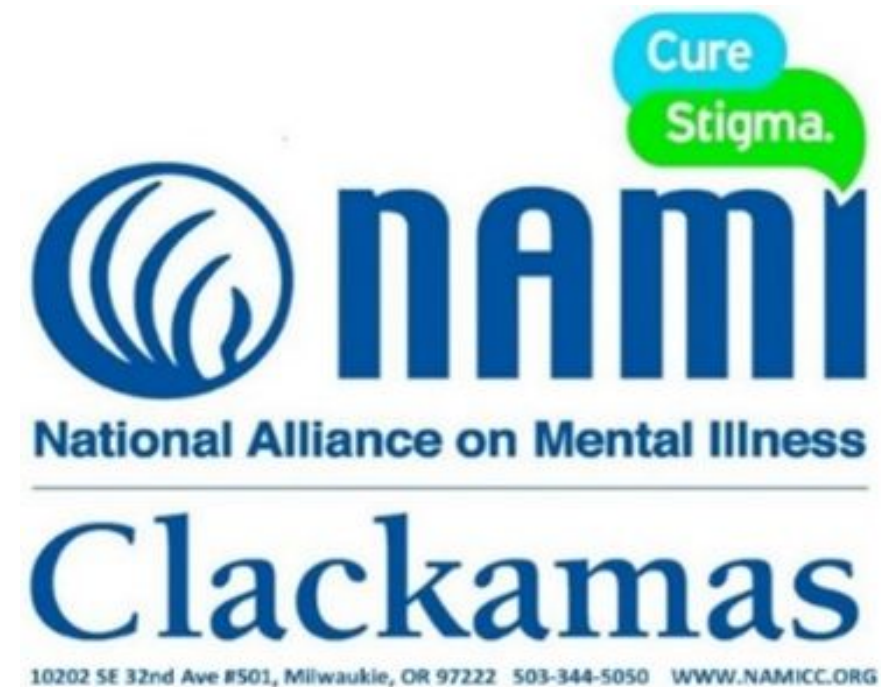




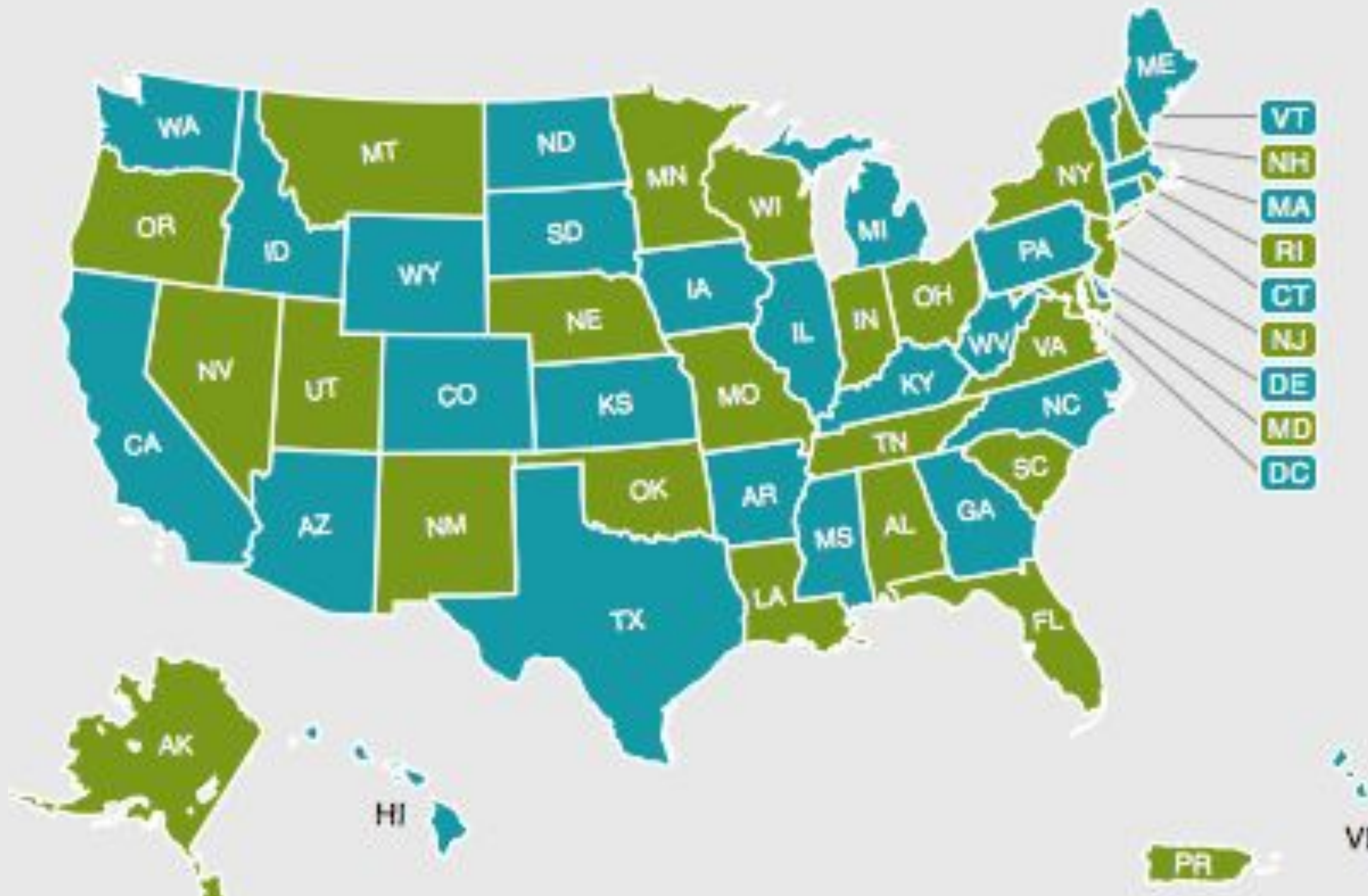
HOW NAMI HELPS

Peer Support Changes Lives.

NAMI Clackamas is a grassroots, non-profit organization dedicated to improving the quality of life for everyone impacted by mental health through education, support, and advocacy, offered free of charge, and delivered for and by people with lived experience since 1978.



Not from Clackamas? Find your Local NAMI!



- 600+ NAMI State Organizations and Affiliates across the country.
- Many NAMI affiliates offer an array of free support and education programs.
- <https://tinyurl.com/Findyournami>

SUCCESS STORIES

“Coming to NAMI support groups has brought me out of a foggy, depressed existence and has improved my quality of life”



“NAMICC gave me my life back. I wish to plant that seed of hope in others by facilitating. It has been a great experience watching people begin to recover over time. That's the best feeling.”

“Our daughter was like so many affected by mental illness. She was smart, not involved with drugs, had a loving family, when all of a sudden she no longer wanted to live. We were desperate to keep her alive. I called NAMI, poured out my heart, and they told me about the Family-to-Family class. For 12 weeks my husband and I went to every class, not missing one. The transformation in our daughter and our family was amazing. We just keep using the skills we learned at NAMI and moving forward. NAMI was life changing for us.”

NAMI CLACKAMAS: FREE CLASSES



9-week Peer-to-Peer classes for adults with mental illness looking to better understand their condition and journey toward recovery



9-week Family-to-Family classes for family, significant others, and friends of people with mental illness



6-week NAMI Basics class for parents, guardians, and others who care for youth

NAMI CLACKAMAS: FREE SUPPORT GROUPS

Three weekly **Connection Peer Support Groups** for individuals w/ mental illness

Three monthly **Family Support Groups** for those who care about someone with mental illness

BOOK CLUB monthly **Family Support Group**

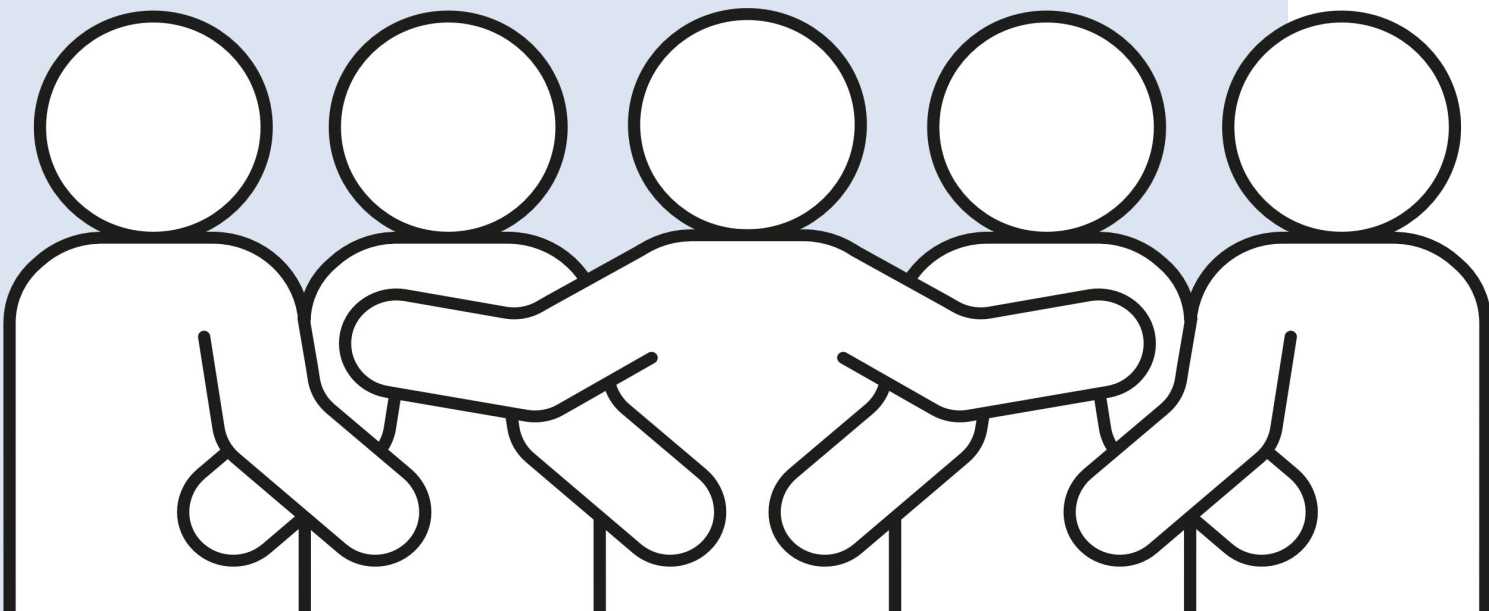
LGBTQIA2S+ monthly **Peer Support Group**

LATINX weekly **Peer Support Group**

WOMEN-ONLY monthly **Peer Support Group**

Suicide Bereavement Group biweekly for survivors left behind after a suicide

Compassionate Friends monthly family support after the loss of a child.



NAMI CLACKAMAS: FREE ONE-ON-ONE PEER HELP



Peer Resources staff provide one-on-one support (in person, Zoom, or phone) to help those impacted by mental illness connect to needed resources such as housing, health coverage, providers, transportation, and community resources

NAMI CLACKAMAS: SPECIAL PROJECTS



www.namicc.org

Support for Adults in Custody.

Mental Health Education Classes for Adults in Clackamas County Jail



**NAMI
CLACKAMAS:**

**BARRIER-
FREE**



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DIAGNOSIS

REFERRAL

INSURANCE

O

COST

- **In Our Own Voice** presentations to educate our community about mental illness and that recovery is possible
- **Mental Health 101** presentations to civic clubs, faith communities, neighborhoods, and other groups
- **Lunch & Learn** mental health presentations to inform businesses and their employees
- **Ending the Silence** presentations to middle & high school students to dispel stigmas, teach about signs, symptoms, and action steps

**NAMI
CLACKAMAS:
FREE
PRESENTATIONS**





OUR VOLUNTEERS ARE AMAZING!

- Teach
- Facilitate
- Serve
- One-time, short-term, or long-term

To volunteer, contact
volunteercoor@namicc.org



**Free mental health support when you need it
currently available to those ages 13-30**

[Peers.net/namiclackamas](https://peers.net/namiclackamas)



x





Questions?



"You are not your illness.
You have an individual
story to tell. You have a
name, a history, a
personality. Staying
yourself is part of the
battle." — Julian Seifter



Please tell us
what you
thought of the
presentation

Thank you!

Questions?:

outreach@namicc.org



@namiclackamas



/NamiClackamas