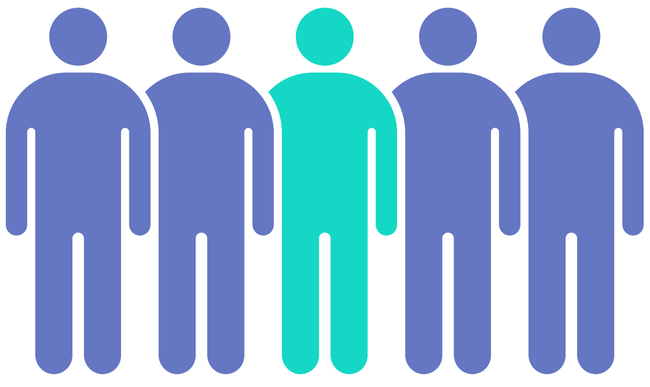
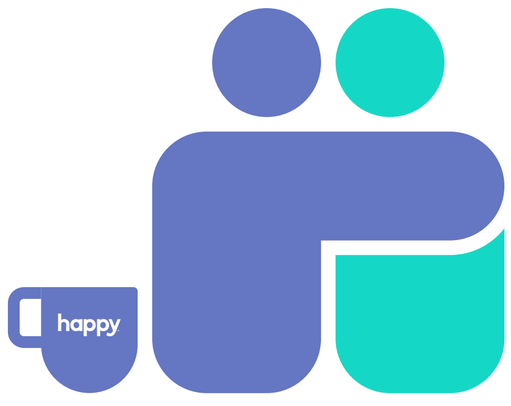
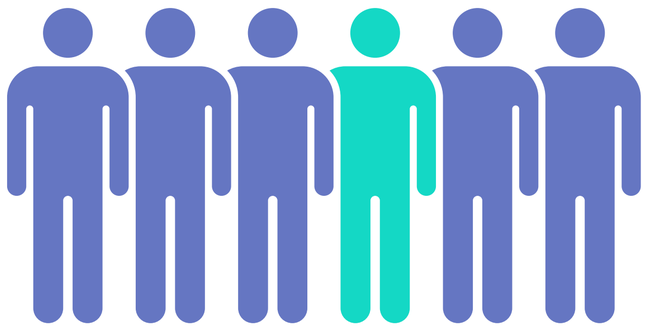
mental health is health



1 in 5 US adults experiences mental illness.



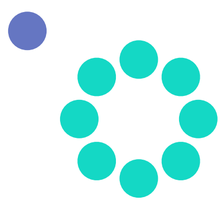
hope and help are available.



1 in 6 US youth ages 6-17 experiences mental illness.

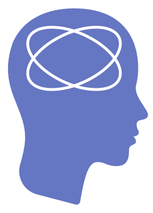
the signs

changes in mood or energy level



avoiding social engagements

changes in sleeping patterns



problems concentrating

changes in eating habits

change in appearance

increase in substance use

what to do

what to say

notice the signs and reach out	→	"I've noticed some changes in you lately. Do you want to grab coffee and talk?"
listen nonjudgmentally	→	"How long have you been feeling this way?"
give reassurance and information	→	"That sounds really tough. I'm here to listen."
encourage appropriate professional help	→	"Have any self-care strategies or professional support worked well for you in the past?"
encourage self-care and other available resources	→	"I'm happy to help you look into benefits or resource options anytime."

where to find more help

call the NAMI HelpLine at 800-950-NAMI (6264)
or text 'helpline' to 62640, or chat at nami.org/help

in a crisis, call or text 988

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together, we can make things better

NAMI
National Alliance on Mental Illness