



Make It OK.org

Mental Illnesses

- What do people look like?
- How do we talk about it?
- How do we think about it?
- How does the media portray it?

Did you picture images like this?

The block contains four small square images arranged in a 2x2 grid. Top-left: A person in a white bag or blanket, possibly a homeless person, with a sign that says 'With you...'. Top-right: A person with a clown-like face paint and a wide, unsettling smile. Bottom-left: A close-up of a person's face with a wide, toothy smile. Bottom-right: A person sitting on the ground in a dark, possibly outdoor setting, looking down.

NAMI MINNESOTA logo on the bottom left. Make It OK.org logo on the bottom right.

The reality...



Let's talk about it

What are some slang terms used to describe people experiencing a mental illness?

What are some slang terms used to describe people who have cancer?

Let's think about it

Characteristics of mental illnesses	Characteristics of cancer
- Lazy	- Courageous
- Weak	- Determined
- Selfish	- Inspirational
- Violent	- Generous

Media portrayal

- Found to be nearly 10 times more violent than other television characters
- Found to be 10 to 20 times more violent than in reality
- Negative news articles have a huge impact



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Why it matters

- Wait an average of 10 years to seek treatment
- Isolation
- Lose job and income
- Drop out of school
- Jailed
- Suicide



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It's OK....

to have a mental illness, many of us do.

- Each year 1 in 5 adults will experience a mental illness
- About 1 in 8 adults will have diabetes



Mental illnesses—
as common as
silver cars.

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It's OK....
it's a medical illness, not a character flaw.

- Mental illnesses disrupt a person's:
 - Thinking
 - Feelings
 - Mood
 - Ability to relate to others
 - Daily functioning
- They are biological in nature



Mental illnesses - more common than lefties.

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Symptoms of a mental illnesses

- Persistently sad, irritable
- Changes in sleep, energy, appetite
- Difficulty thinking, concentrating, remembering
- Lack of interest or pleasure
- Grandiose plans
- Impulsivity
- Delusions, hallucinations
- Pounding heart, sweating, trembling, dizzy

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Major mental illnesses

• Anxiety	• ADD/ADHD
• Depression	• Borderline Personality Disorder
• Bipolar Disorder	• Schizoaffective
• Schizophrenia	• Obsessive Compulsive Disorder
• PTSD	
• Eating Disorders	

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It's OK....
it's treatable, life can get better.

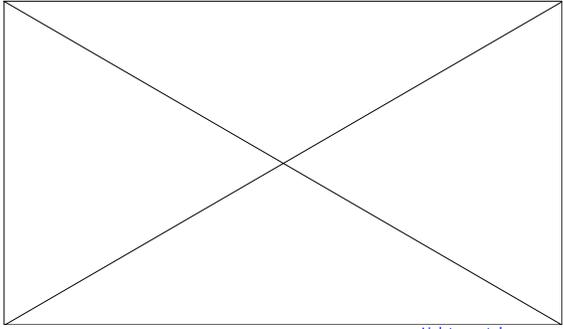
- Treatments are highly effective.
- Yet... people often wait up to 10 years before seeking treatment.



Mental illnesses – as common as dark brown eyes.

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How to help



[Link to youtube](#)

Tips for talking

- Stop the silence.
- Be nice.
- Listen.
- Keep in contact.



Silence makes it worse. Mental illness can be a touchy subject, creating voids and even relationships.

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Tips for talking

- Don't ignore it.
- Offer to help.
- Keep the conversation moving.



Silence divides. Mental illnesses are not simply something you can just "get over." They can be chemical imbalances.

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WHAT TO SAY

- "Thanks for opening up to me."
- "Is there anything I can do to help?"
- "Relapse is a part of recovery, not the end of it."
- "I'm sorry to hear that. It must be tough."
- "I'm here for you when you need me."
- "I can't imagine what you're going through."
- "Can I drive you to an appointment?"
- "How are you feeling today?"

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NOT WHAT TO SAY

- "It could be worse."
- "Just deal with it."
- "Snap out of it."
- "Everyone feels that way sometimes."
- "We've all been there."
- "You've got to pull yourself together."
- "Maybe try thinking happier thoughts."
- "Oh man, that sucks."

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Let's practice

Scenario:
You notice that your friend Jessica has seemed detached and disengaged during the past few months. She rarely comes to book club, and when she does she doesn't say much. You're concerned about her. You ask her when you're alone if she is okay and she says she's been really depressed lately. What do you say?

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Let's practice

Scenario:
Your best friend from college comes over and says that they haven't been feeling well lately. They say they have been diagnosed with anxiety and sometimes it feels like their heart is pounding so hard they feel like they are having a heart attack. What do you say?

What else can I do?

- Talk openly about mental illnesses
- Educate others about mental illnesses
- Refer people to NAMI
- Take the pledge at MakeItOK.org



TAKE THE PLEDGE to make it OK
Take the Pledge
Share the pledge

Make It OK.org

Find out more



National Alliance on Mental Illness

MINNESOTA

Visit NAMIhelps.org for more information and resources for mental illnesses.

Make It **OK**.org

Visit MakeItOK.org for more tips on talking about mental illnesses.

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Presenter One: _____

Date: _____

Presenter Two: _____

Location: _____

Program: Make It OK

NAMI Minnesota would appreciate your feedback on this program. The information you provide will be anonymous and will assist us in providing helpful, high quality programs.

■ Please circle the number that best describes how strongly you agree or disagree with the statement in the left column. **Select “Not Applicable” if the question is not relevant because of your background or experience.** For example, if you are a psychiatrist a section on the basics of mental illness would not be expected to increase your knowledge of mental illness.

Did the program <u>increase</u> your knowledge of ...	Not applicable	No, or only Very Slightly	Yes		
			A Small amount	A Medium amount	A Large amount
1) Mental illness?	X	1	2	3	4
2) How common mental illnesses are?	X	1	2	3	4
3) How we stigmatize people with mental illnesses?	X	1	2	3	4
4) How stigma affects people with mental illnesses and their families?	X	1	2	3	4
5) The effectiveness of identifying and treating mental illness early?	X	1	2	3	4

After attending this program do you....	Not applicable	No, or only Very Slightly	Yes A Small amount	Yes A Medium amount	Yes A Large amount
Will you feel more comfortable talking with someone who has a mental illness?	X	1	2	3	4
Will you feel more comfortable seeking mental health care if you need it?	X	1	2	3	4

Comments: _____

NAMI Minnesota is collecting information on how people hear about our programs and what populations we are reaching.

1.) How did you hear about this program?

- Health professional (doctor/nurse)
- Mental health professional (psychiatrist/psychologist/clinical social worker)
- Through a hospital/residential treatment/mental health center Employer
- County employee (case manager/social services) Friends or family Newspaper Radio
- NAMI e-newsletter NAMI print newsletter NAMI website NAMI Booth Facebook
- NAMI class Twitter NAMI support group Other (please specify) _____

2) Did you decide to attend this program because you believe you or someone you know has a mental illness?

- No
- Yes

A) He or she is my:

- Myself Child(under 18) Child(18 or over) Parent Grandchild Friend
- Spouse/Partner Sibling Other relative (nieces, nephews, cousins etc.) Foster child
- Other _____

3) What is your age?

- 0-17 18-24 25-34 35-44 45-54 55-64 65-74 75-84 85+

4) What is your gender?

- Female Male Other _____

5) Do you identify as LGBTQ? (lesbian, gay, bi, trans, queer) Yes No

6) What is your race?

- African American or Black Alaska Native or American Indian Asian Two or more races
- Native Hawaiian or other Pacific Islander Caucasian/White Another race (please specify) _____

7) What is your ethnicity?

- Not Hispanic or Latino Hispanic or Latino

8) Where else have you gone for information and resources on mental health? _____

9) What ZIP CODE do you live in? _____

Thank you for your feedback and attending a NAMI presentation!