MENTAL HEALTH AWARENESS MONTH

Champions   Teachers   Veterans   Mentors
Underrepresented Communities   Organization
Affiliates   Caregivers   Youth and Young Adult

May is Mental Health Awareness Month and we are asking your member of Congress to help elevate the importance of mental health during May by raising public awareness and directing constituents to resources and support.

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization with affiliates in over 600 local communities providing in-person and/or online advocacy, education, and support for people with mental illness.

We know that recent events are drastically increasing the number of people feeling new symptoms of a mental health condition or seeing their conditions getting worse. Nearly four in ten people in the U.S. are now reporting symptoms of anxiety or depression. Before the COVID-19 pandemic, only one in ten reported symptoms.

NAMI is here to help. If a constituent or somebody you know needs assistance, resources are available at nami.org/help. You can also connect with your local NAMI at nami.org/local.

Sample Social Media Posts for Mental Health Month

Please find sample social posts below and images you can use here. You can also find state-specific mental health fact sheets here.

Hashtags: #MentalHealthMonth #MentalHealthAwarenessMonth #MHM #Together4MH
Tag NAMI: Twitter: @NAMIAdvocacy FB: @NAMI IG: @NAMICommunicate

Mental health is health. This #MentalHealthAwarenessMonth, check in on yourself and the people you care about. You can find the warning signs of a mental health condition here: https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms

Take 3 slow, deep breaths. The world can be a challenging place. Take care of your mental health – today and every day. If you're struggling, text NAMI to 741741 or go to nami.org/help #MentalHealthMonth

Everybody feels sad now and then. But if it goes on for a long time or if you have thoughts of suicide – now is the time to reach out. Help is available. Text NAMI to 741741 for free mental health support, 24/7/365 #MHM

Asking for help is a strength, not a weakness. If you've been thinking that you have a mental health condition – you may be right. The first step is often the hardest, but you are not alone. Text NAMI to 741741 or go to nami.org/help #MentalHealthMonth

#Together4MH
TOGETHER
for Mental Health

Mental health is an important part of our overall health. Join together to advocate for resources, support and access to quality mental health care.

nami
National Alliance on Mental Illness
nami.org/mentalhealthmonth

#MentalHealthAwarenessMonth to do list:

🛏 Get out of bed

🚶🚶‍♂️ Take walks

🥤 Drink water

🥗 Eat healthy

🛌 Sleep at least 7 hours a night

👦🤝👧 Spend time with friends and family

If you're struggling to do these things over a long period of time, you may need help. Text NAMI to 741741

Pandemic Mental Health Facts

Prevalence

- Mental health conditions may soon become the most common pre-existing health condition
- Nearly 4 in 10 adults in the U.S. report symptoms of anxiety or depression, up from 1 in 10 prior to the COVID-19 pandemic
- 56% of youth aged 18-24 reported symptoms of anxiety and/or depression during the pandemic
- Approximately 6 in 10 health care workers have struggled with their mental health during the pandemic
- Black and Latino adults were more likely than White adults to report symptoms of anxiety and/or depressive disorder during the pandemic, and had substantially lower access to mental health treatment

Workforce

- Many behavioral health providers report increasing demand and decreasing staff sizes
- In 2020, only 22% of employers were "very satisfied" with the availability of mental health providers in their provider networks. Only 6% of employers expanded the number of providers in their plans' networks for 2021
- 149 million people live in a designated Mental Health Professional Shortage Area
- Telehealth now represents 36% of outpatient mental health and substance use care compared to 1% before the pandemic

COVID-19 & Mental Illness

- Nearly 1 in 3 people diagnosed with COVID-19 experienced a neurological or psychiatric condition within the next six months
- Individuals with schizophrenia experienced significantly worse COVID-19 outcomes than those without a mental illness, with higher rates of infection and death

Quick Links with Resources

- More mental health facts, including infographics: nami.org/mhstats
- NAMI Helpline: nami.org/help
- Mental Health Resources for Frontline Workers: nami.org/frontlinewellness

#Together4MH

TOGETHER for Mental Health

Mental health is an important part of our overall health. Join together to advocate for resources, support and access to quality mental health care.

nami
National Alliance on Mental Illness

nami.org/mentalhealthmonth