## Break the Silence on Mood Disorders!

Countering Stigma Experienced by Young Adults with Openness & Understanding

According to a recent survey by NAMI/Harris Poll, young adults (18–34) who have mood disorders are not getting the treatment they need.

5 6 / C

report that there has been a time when they wanted mental health treatment but did not receive it.

Many are fearful of being labeled with a mental illness or hospitalized if they seek help.



## Mood disorder symptoms can include:

- Changes in sleeping habits/feeling tired & low energy
- Feeling excessively sad or low
- Excessive worry or fear
- Changes in eating habits
- Avoidance of friends& social activities
- Multiple physical ailments without

**Trouble concentrating & learning** 

obvious causes

**Prolonged or strong feelings** 

- of irritability or anger

  Extreme mood changes
  - Changes in sex drive



of young adult respondents who had gone without treatment when they wanted it

say fear of judgment prevented them from seeking help.

While stigma is a barrier to getting help for people of all ages, it is much higher

for younger adults than for other age groups.

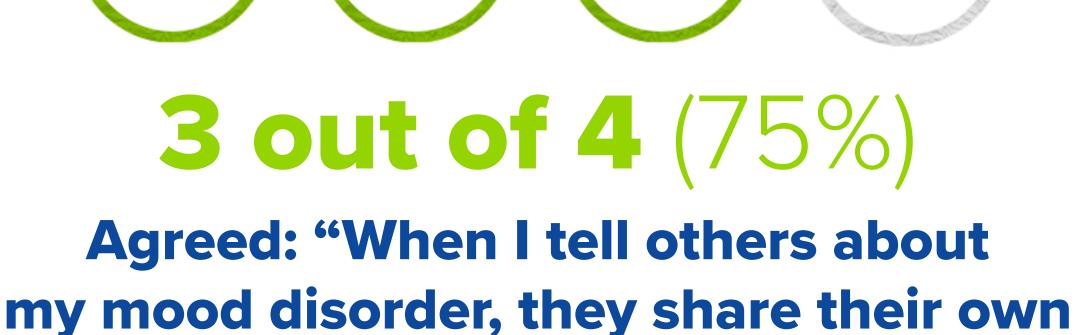
23% of those aged 35-64

1970 of those aged 65 and over

who have shared their experiences agree that others are interested and supportive.

of young adult respondents

SHARING HELPS



mental health experiences."

## Talk openly about mental health and share your experience with mental health challenges.

We Can All Help

Reduce Stigma

- Use non-stigmatizing language:

  1. Use "person-first" language (e.g., "John has bipolar disorder," instead of "John is bipolar")
  - Be understanding and supportive

3. Avoid potentially hurtful terms, such as "crazy" or "insane"

2. Avoid diagnostic categories as adjectives (e.g., "I'm so OCD.")

of others' journeys to recovery.

Reach Out! Stop the Stigma!
We are all in this **#Together4MH** 



National Alliance on Mental Illness