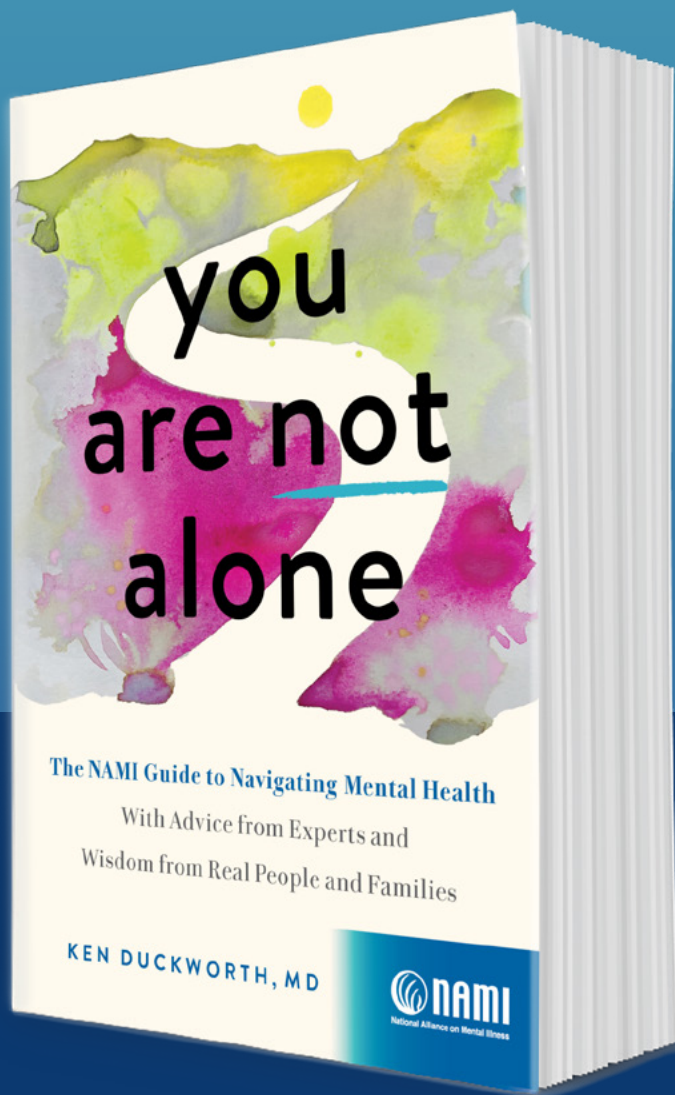


BOOK LAUNCH



The NAMI Guide to Navigating Mental Health

With Advice from Experts
and Wisdom from Real
People and Families



National Alliance on Mental Illness

nami.org/notalonebook

"YOU ARE NOT ALONE"

Book Launch

Suggested Graphics

Incorporate these graphics in your social media posts or existing messaging to help promote the book.

High-quality files can be downloaded here.

FOR ME, IT'S THE DIFFERENCE BETWEEN...

...trying to avoid living with something and embracing living with something. I'm living with my mental illness; it's not dragging me around by my tail. It looks like getting up every day and deciding to breathe and do my tool bag of whatever I need that day because every day is a different day. It's like getting on a surfboard and riding the waves.

— Sascha Blesi

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I KNOW WHAT IT'S LIKE TO FEEL ALONE.

That's why I decided to write a guide on living, and recovering, with mental illness. No such guide existed when I personally needed it, and many other people I have loved — including my father — or have come to know as a doctor, colleague or friend have been without a guide to turn to as well.

— Dr. Ken Duckworth
NAMI's Chief Medical Officer

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THE BEST HELP THAT I RECEIVED...

...was peer support in the hospital. When I became a peer specialist, I never saw myself as knowing more than the people I was helping. I saw myself as learning from them just as much as they were learning from me. I never looked at my recovery and thought, "I arrived and I'm here." It was an exchange for me.

— Lloyd Hale

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KNOWLEDGE WITHOUT TREATMENT...

...is like knowing the brand of refrigerator you're locked inside. "Oh, that's interesting." It's not going to get me out of the fridge.

— John Moe

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SPEAKING FROM MY LIVED EXPERIENCE ...

...of how recovery helped me, it's cyclical. It's like a wheel — a life wheel. In one phase, you might be at one part of the spectrum. And next thing you know, the situation changes. And the thing is, you might not be at a low, you might be on a high. It just depends. Recovery is an ongoing process.

— Dante Murry

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“YOU ARE NOT ALONE”

Book Launch

SAMPLE SOCIAL MEDIA COPY

For LinkedIn, Instagram and Facebook:

“You Are Not Alone: the NAMI Guide to Navigating Mental Health,” is for anyone struggling with mental health challenges or anyone looking for guidance on how to help their loved ones. The book is filled with practical advice from experts and wisdom from real people. Order today: nami.org/namibook #youarenotalonebook #together4mh

I’m thrilled that “You Are Not Alone,” NAMI’s first book, is now available! This essential resource offers advice from experts and personal stories from real people who have navigated mental health challenges. This book reminds us that we are never alone. Order today: nami.org/namibook #youarenotalonebook #together4mh

I’m excited to share NAMI’s first book “You Are Not Alone.” So often people feel left in the dark when it comes to mental health. This book is a game-changer, featuring practical expert advice and hundreds of real people discussing their mental health journeys. Order today: nami.org/namibook #youarenotalonebook #together4mh

For Twitter:

“You Are Not Alone, the NAMI Guide to Navigating Mental Health,” is for anyone struggling with mental health challenges or looking for guidance on how to help their loved ones. Order today: nami.org/notalonebook #youarenotalonebook #together4mh

I’m thrilled that “You Are Not Alone,” NAMI’s first book, is now available! This essential resource offers advice from experts and real stories of lived experience. Order today: nami.org/notalonebook #youarenotalonebook #together4mh

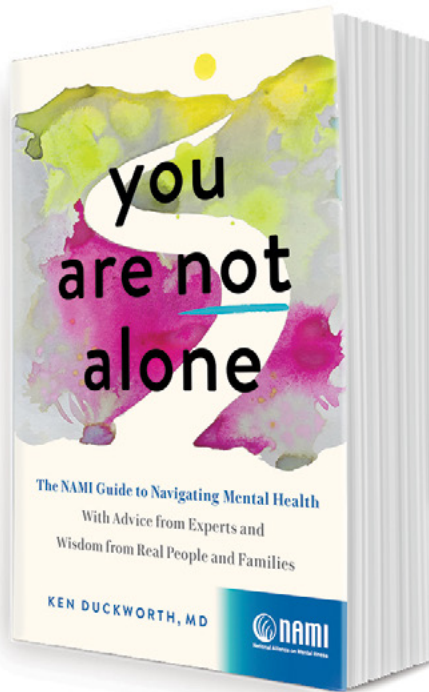
I’m excited to share NAMI’s first book “You Are Not Alone.” This book features hundreds of real people discussing their mental health journeys, in their own words, along with advice from experts. Order today: nami.org/namibook #youarenotalonebook #together4mh

"YOU ARE NOT ALONE"

Book Launch

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FRIENDLY
FLYER**

Download flyer here.



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and Families



Ken Duckworth MD



**Pre-order
today**