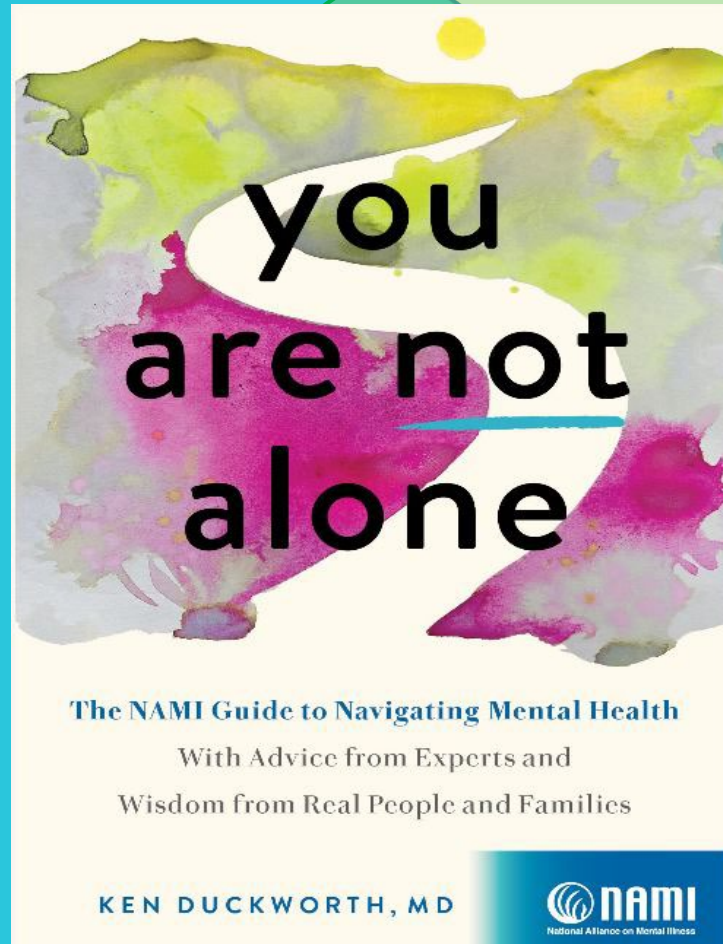


YOU ARE NOT ALONE



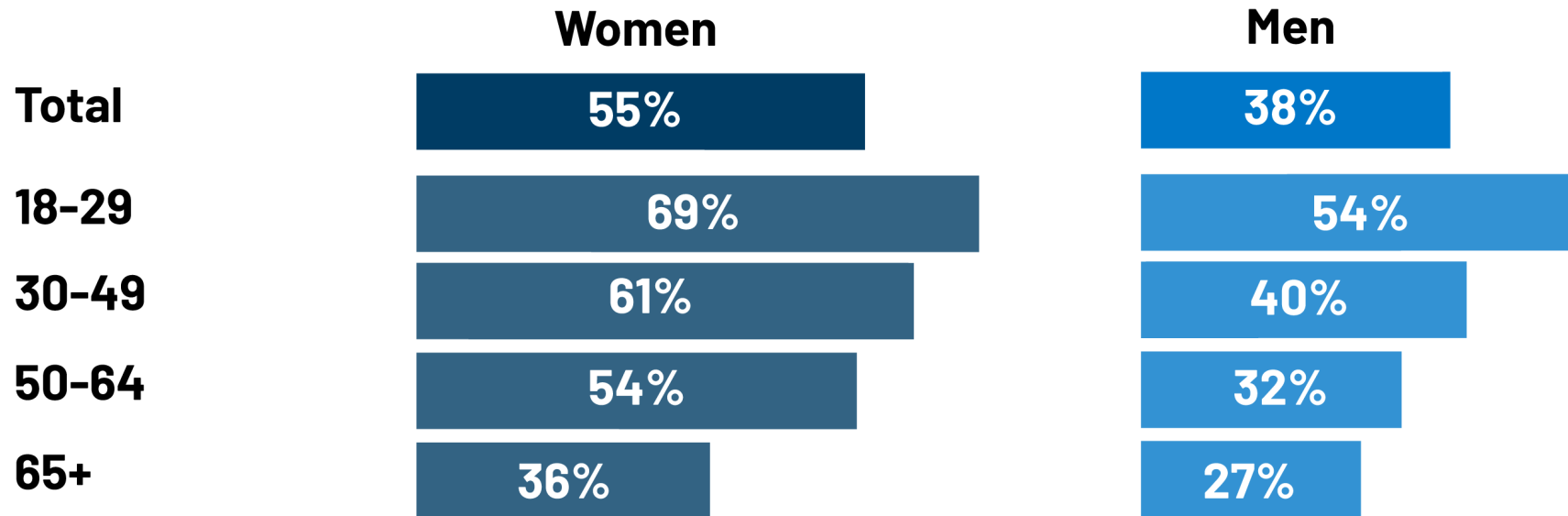
*Evidence-based
research*



*Experience-based
evidence*

Nearly Seven In Ten Women Under Age 30 Report A Negative Mental Health Impact From Pandemic; Fewer Older Adults Say The Same

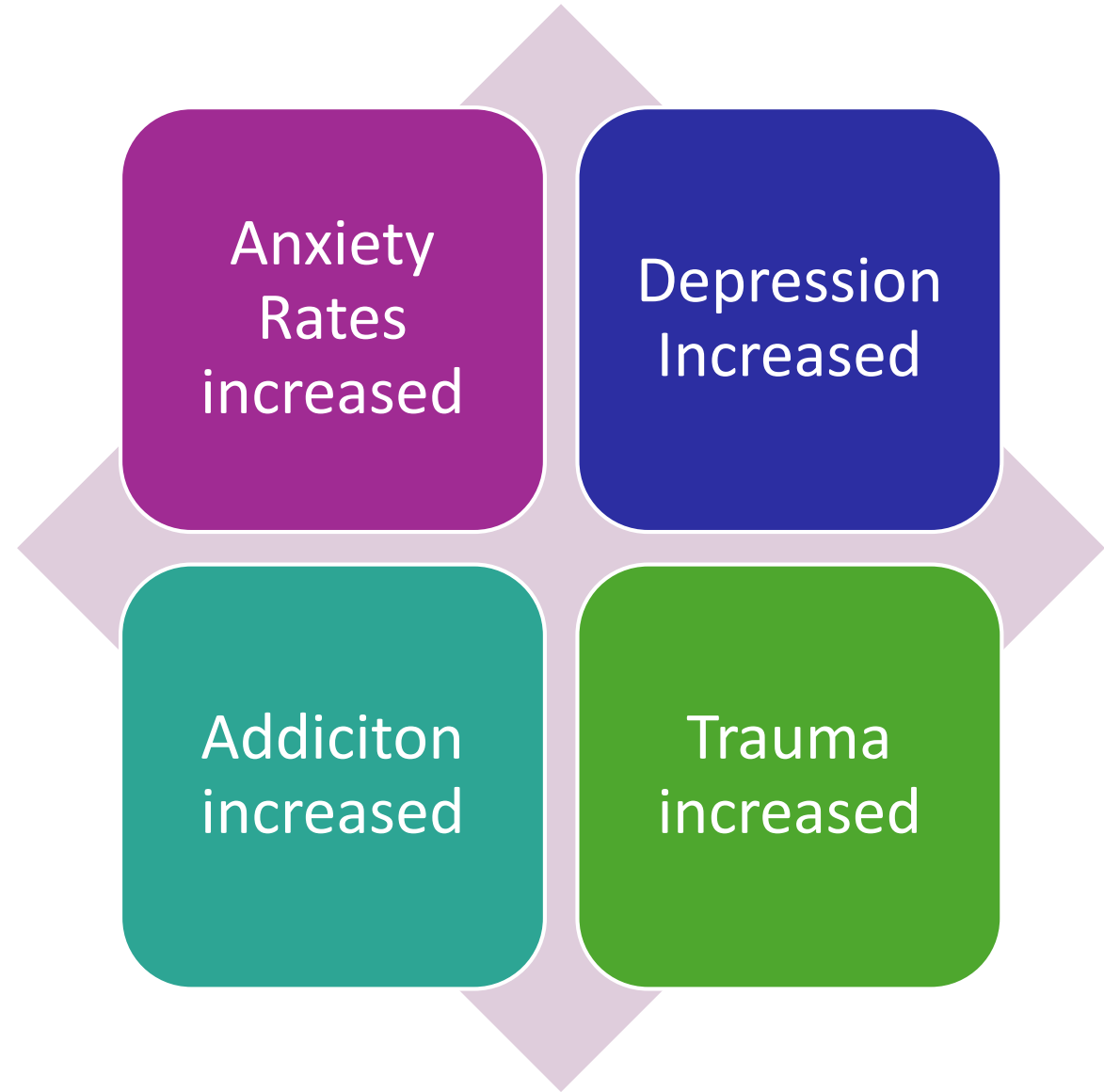
Percent who say they feel that worry or stress related to COVID-19 has had a *negative impact* on their mental health:



NOTE: See topline for full question wording.
SOURCE: KFF COVID-19 Vaccine Monitor (March 15-22, 2021)

[KFF COVID-19](#)
[Vaccine Monitor](#)

Mental Health: The Second Wave of the Pandemic



1. Biological understanding primitive / drug companies exit

2. Therapist and psychiatrists too few and too few accept insurance

3. Shortage of Care Beds



4. Long Emergency Room Waits

5. More correctional beds than hospital beds

Reverse:

In a sea of shortages,
are there
untapped
kinds of
expertise ?

And has one in PARTICULAR been overlooked?

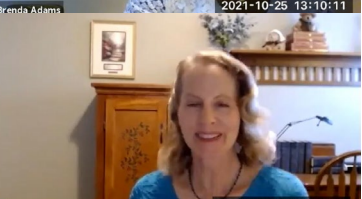
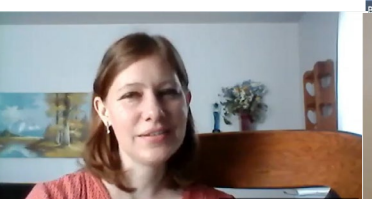
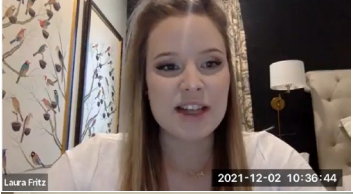
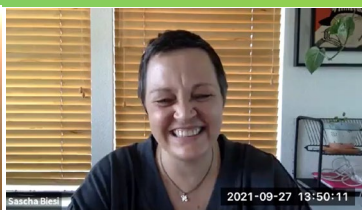


This book is for my father, Joe Duckworth, and for the millions of people like him and those who love them. I could not have written it without the lifelong support of my often overwhelmed and loving family of origin: my mother, Wanda; and my siblings, Joe and Sue. I also thank my adopted NAMI family.

There is a NAMI group or organization somewhere near your community, and there is hope. We will welcome you with open arms.

You are not alone.

Project Overview



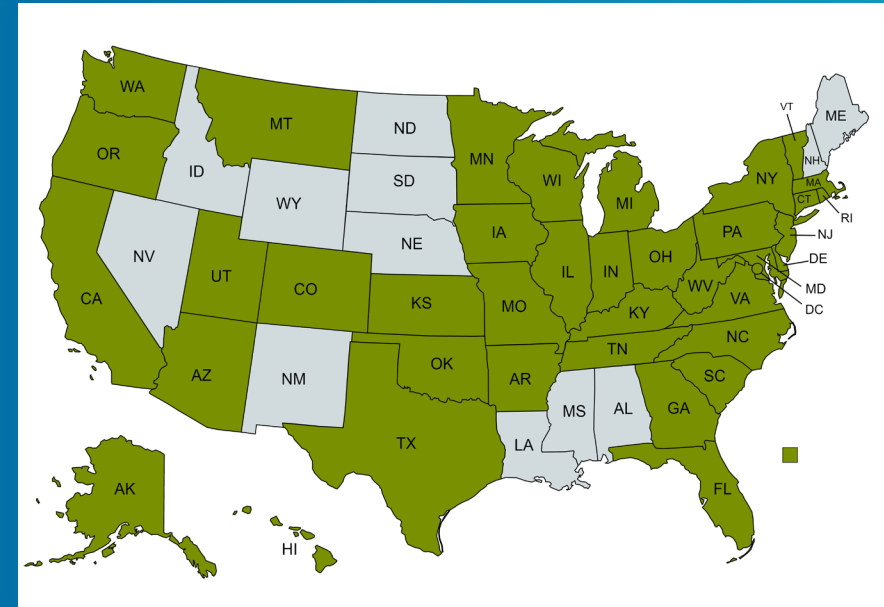
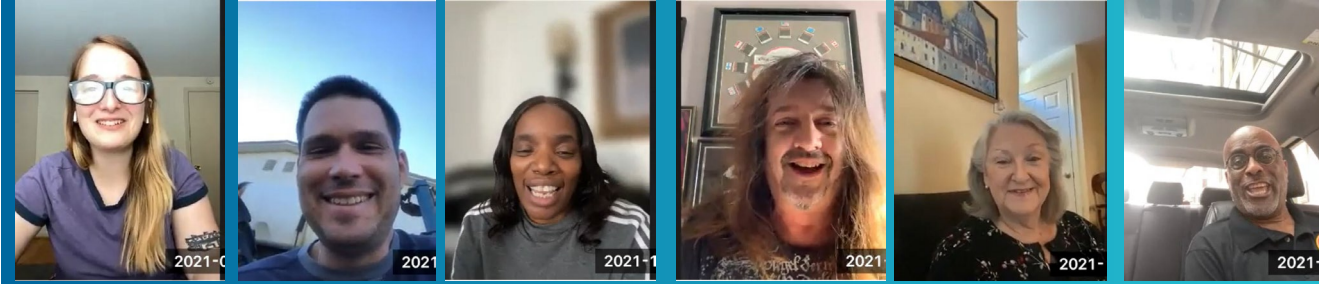
130 interviews with individuals living with a mental health condition and families—using their real names & stories

People spoke openly about living with and managing schizophrenia, bipolar disorder, major depression, panic attacks, addiction, trauma and surviving suicide attempts

Families discussed how they coped and what they learned loving people with these conditions

Contributors joined us from:

- 38 states
- 11 races and ethnicities
- Across the spectrums of gender identity & sexuality
- 25 different faith orientations
- Over 50 occupations
- Ages 16 – 100 (Or as one reported, “Older than Dirt”)



What helps INDIVIDUALS?



PERSISTENCE (REASSESS DIAGNOSIS, DIFFERENT MEDS, NEW THERAPY) AND ACCEPTANCE



LOVE/CONNECTIONS /PEER SUPPORTS/ ANIMALS



FAITH




WORK



TURNING PAIN INTO PURPOSE



NAMI PROGRAMS (WWW.NAMI.ORG)



What helps families?

RECOGNIZING THE LIMITS OF THEIR RESPONSIBILITY

COMMUNICATION STRATEGIES

FINDING OTHER FAMILIES TO FEEL LESS ALONE

TURNING PAIN INTO PURPOSE : ADVOCACY

NAMI PROGRAMS (WWW.NAMI.ORG)

