

Supporting a Loved One in a Mental Health Crisis

December 8, 2021



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You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.

1 in 25 1 in 25 U.S. adults experience a mental illness

17% of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)

1%	Schizophrenia	1%	Borderline Personality Disorder
4%	Dual Diagnosis	3%	Bipolar Disorder
7%	Depression	19%	Anxiety Disorders
1%	Obsessive Compulsive Disorder		
4%	Post-Traumatic Stress Disorder		

12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)

19%	of all adults
15%	of Asian adults
16%	of black adults of Hispanic or Latino adults
20%	of white adults
22%	of American Indian or Alaska Native adults
27%	of adults who report sexual/oral contact of lesbian, gay and bisexual adults
37%	

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NAMI NH Education Programs

- NAMI Basics
- Family-to-Family
- *Connect* Suicide Prevention
- Peer-to-Peer
- Side by Side
- Crisis Intervention Team Program



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Advocacy at NAMI NH

- It's Your Move
- In Our Own Voice
- Life Interrupted
- SurvivorVoices
- NAMI Walks NH



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NAMI NH Support Groups

- Families of Adults
- Parents of Children
- Survivors of Suicide Loss
- Individuals with Mental Illness
- First Episode Psychosis/ Early Serious Mental Illness



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Additional NAMI NH Supports

Facebook Support Groups

- Families of Adults
- Parents of Children
- First Episode Psychosis/ Early Serious Mental Illness
- Military/Veteran Families

1:1 Support

- Families/Individuals
- Military/Veteran Families
- Parents of Children

Info & Resource Line
1-800-242-6264
info@naminh.org

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To connect with resources & support in the Granite State, contact:
NAMI NH's Info & Resource Line
 1-800-242-6264 (press 4) or
info@NAMINH.org

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Service Members, Veterans and their Families Resources

NAMI Homefront **COVID Coach from VA**

- VA mental health apps - <https://mobile.va.gov/app/store/mental-health>

NAMI NH Info Line

- 1-800-242-6264
- info@naminh.org

Veterans Crisis Line

- 1-800-273-8255, press 1
- Text 838255

Facebook Support Group

- Veterans/Military Families

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NH Community Mental Health Centers –
www.nhcbha.org

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NH Peer Support Agencies –
<https://www.dhhs.nh.gov/dcbcs/bbh/peer.htm>

Peer support services are provided by and for people with a mental illness and are designed to assist people with their recovery.

Services include, but are not limited to: face-to-face and telephone peer support; outreach; monthly educational events; activities that promote self-advocacy; wellness training; after hours warm line; crisis respite (24 hours, short-term, non-medical crisis program).

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Crisis Lines

NATIONAL SUICIDE PREVENTION LIFELINE
 1-800-273-TALK (8255)
suicidepreventionlifeline.org

Veterans Crisis Line
 1-800-273-8255 **PRESS 1**

In a crisis?
Text HOME to 741741 to connect with a Crisis Counselor
 Free 24/7 support at your fingertips
 US and Canada: text **741741**

GET HELP 24/7:

TrevorText TrevorChat TrevorLifeline

TREVOR

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— Tips for managing this journey

- Get outside
- Sleep
- Exercise
- Stretch (yoga anyone?)
- Nutrition –think rainbow
- Water is life
- Attitude and gratitude
- Stay connected
- Check in
- Be festive

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More tips for the family members

- Recognize your importance!
- Ask others for help
- Seek professional guidance
- Recognize that daily routines change can add stress – especially at holiday time!

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Manage your self-care as if you are your own caregiver!

Hmm...Wait a minute... You ARE your own caregiver!

- Take responsibility
- Realistic expectations
- Focus on what you CAN do
- Set goals and work toward them
- Learn from your emotions
- Get help when needed
- Communicate effectively



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Contact NAMI NH

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