NAMI - Mental Health Fact Sheets
(https://www.nami.org/Learn-More/Fact-Sheet-Library)

NAMI's fact sheets offer clear, concise information on mental health topics. A few ways to use them include sharing them with a loved one, bringing them to an appointment or handing them out at health fairs. You can download the PDFs for each one at the website listed above.

**Mental Health Conditions**

- Anxiety Disorders
- ADHD (Attention Deficit Hyperactivity Disorder)
- Bipolar Disorder
- BPD (Borderline Personality Disorder)
- Depression
- Dissociative Disorders
- Eating Disorders
- OCD (Obsessive-compulsive Disorder)
- Schizophrenia
- Schizoaffective Disorder
- PTSD (Posttraumatic Stress Disorder)

**Related Conditions**

- Anosognosia
- Dual Diagnosis
- Psychosis
- Risk of Suicide
- Self-harm
- Sleep Disorders
- Major Depressive Disorder with a Seasonal Pattern

**Treatment & Services**

- Crisis Services
- Mental Health Professionals
- Complementary Health Approaches
- Psychosocial Treatments
- ECT and Other Brain Stimulation Therapies
- Psychotherapy
- Medications Overview
- Treatment Settings

**More Resources**

- What is Early and First-Episode Psychosis?
- Finding a Culturally Competent Provider
- Early Intervention: Tips for School Staff and Coaches
- Encouraging People to Seek Help for Early Psychosis
- Early Psychosis: What’s Going On and What Can You Do?
- Fact sheets from AKA- NAMI Partnership (focus on African Americans)
NIMH - Mental Health Pamphlets

Disorders
Anxiety Disorders (5 items)
Attention Deficit Hyperactivity Disorder (ADHD) (2 items)
Autism (1 item)
Bipolar Disorder (2 items)
Depression (9 items)
Eating Disorders (1 item)
Generalized Anxiety Disorder (1 item)
Obsessive-Compulsive Disorder (OCD) (2 items)
Panic Disorder (1 item)
Post-Traumatic Stress Disorder (3 items)
Schizophrenia (5 items)
Social Phobia (2 items)

Populations
Children and Adolescents (10 items)
Men’s Mental Health (5 items)
Women’s Mental Health (7 items)
Military Service Members (1 item)
Older Adults (3 items)

Prevention
Prevention (2 items)
Suicide Prevention (2 items)

Research
Clinical Research and Trials (2 items)
Mental Health Services Research (2 items)
Genetics (1 item)
Brain Anatomy and Physiology (1 item)

Other
Treatments (4 items)
Coping with Traumatic Events (7 items)
Institute Announcements (6 items)