



Kitsap County

(www.namikitsap.org)



Washington

(www.namiwa.org)



(www.nami.org)

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)



www.nimh.nih.gov/health/publications/index.shtml

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)