

MENTAL HEALTH AWARENESS MONTH



Mental Health Conditions Are Common



1 in 5 people lives with a mental health condition. (1 in 25 lives with a serious mental illness.)

6.9% Depression

2.6% Bipolar Disorder

1.1% Schizophrenia

18.1% Anxiety Conditions

Every year in the U.S...

1 in 5...

More than **12 million** had serious thoughts of suicide

13.8 deaths per 100,000 Population per year

One suicide death occurs every **11.5 minutes**

Here in Clackamas County...

16.7 deaths per 100,000 Population

12th leading cause of death overall

2nd leading cause of death in 10-24 year olds

Eye Openers



Cure

Stigma.



Change the conversation

- talk about it
- ask the question

Change the language

- language matters

Change the perception

- sharing stories changes lives
- recovery is likely

Change the Outcome

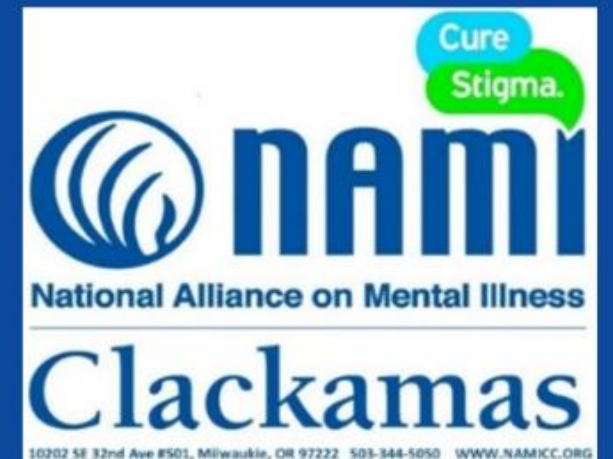
- Stop the Stigma
- Seek the Help

- **Easier Lifeline Access**
- **Help Not Handcuffs**
- **Dispatch Mobile Crisis Response Team, if needed**
- **OPEN TO ALL!**



Peer Support Changes Lives.

NAMI Clackamas is the grassroots non-profit organization providing free mental health education, support, and advocacy delivered by people with lived experience to improve quality of life for everyone in our community since 1978.



NAMI CLACKAMAS: FREE CLASSES



8-week Peer-to-Peer classes for adults with mental illness looking to better understand their condition and journey toward recovery



8-week Family-to-Family classes for family, significant others, and friends of people with mental illness

NAMI CLACKAMAS: FREE SUPPORT GROUPS

Three open weekly **Connection Peer Support Groups** for individuals w/ mental illness, plus:

LGBTQIA2S+ monthly Peer Support Group

LATINX weekly Peer Support Group

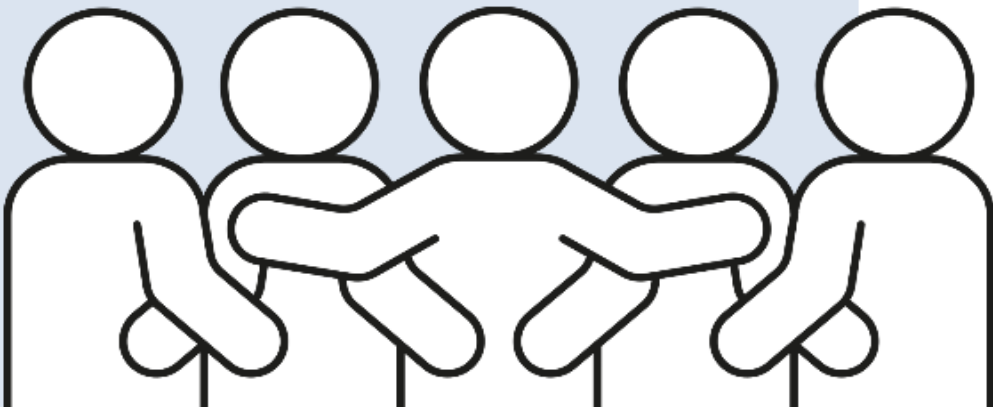
WOMEN biweekly Peer Support Group (in Milwaukie)

Three biweekly or monthly **Family Support Groups** for those who care about someone with mental illness, plus:

Two monthly FAMILY BOOK CLUBS (in Milwaukie & OC)

Suicide Bereavement Group biweekly for survivors left behind after a suicide

Compassionate Friends monthly family support after the loss of a child.



NAMI CLACKAMAS: FREE ONE-ON- ONE PEER HELP



Peer Resources staff provide one-on-one support (in person, Zoom, or phone) to help those impacted by mental illness connect to needed resources such as housing, health coverage, providers, transportation, and community resources



**Free mental health support when you need it
currently available to those ages 13-30**

[Peers.net/namiclackamas](https://peers.net/namiclackamas)



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peers.net

NAMI

CLACKAMAS:

**BARRIER-
FREE**



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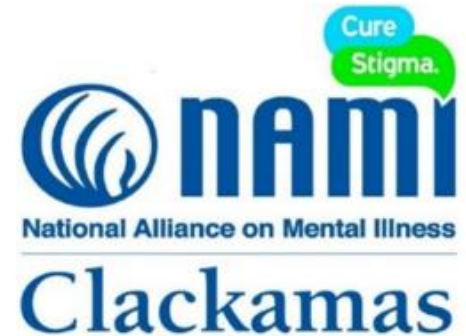
DIAGNOSIS

REFERRAL

INSURANCE

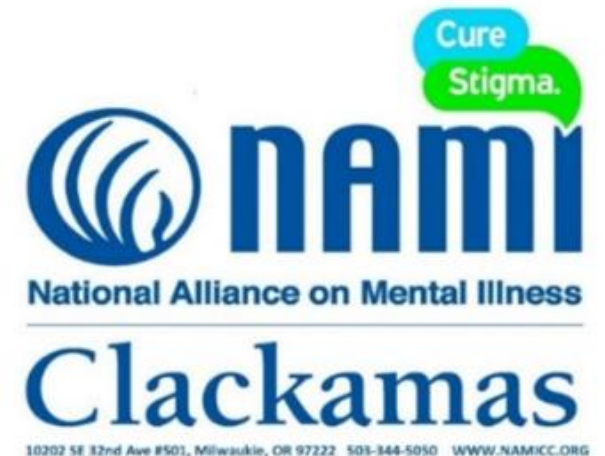
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COST



RESOURCES FOR OUR SCHOOLS & PARENTS

- **Ending the Silence for Students** presentations to middle & high school students (45 minutes)
- **Ending the Silence for Parents** presentations for parents of school-age kids (45-60 minutes)
- **“Parenting & Mental Health” Conference** for parents of middle/high school students (4 hours)
- **Compartiendo Esperanza** in Spanish for parents/families (three 90-minute workshops)
- **Parent to Parent classes** for parents and others who care for youth (2-hour classes each week for six weeks)





Questions?

