40.9% reported a MH condition
Anxiety disorder / Depressive disorder (30.9%),
Trauma (26.3%),
Increased substance use (13.3%).

Suicidal ideation increased (10.7%)
Higher: age 18–24 years,
Hispanics, black respondents
unpaid caregivers for adults and essential workers
NAMI’s Book

September 2022  Release

130 Interviews  real people use their names
35 practical answers by experts
All proceeds to NAMI