

CDC Survey: The Impact on Mental Health August 2020. Online/ Validated tools.

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

