

Mental Health Awareness

American Photographic Artists - Chicago

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Mental health
advocacy, education
and support.

Meeting Tips

- We have muted everyone by default to minimize distractions
- For Q&A, please type your questions in the chat (Q&A section), and we will do our best to answer them at the end of the training
- Slides will be emailed after the training



Agenda

- 1 NAMI Chicago Overview
- 2 Mental Health & The Recovery Model Framework
- 3 COVID-19 Stressors
- 4 Recognizing Warning Signs
- 5 How to Be Supportive
- 6 Creating Your Own Wellness Plan
- 7 Frederick's Story

To provide hope and improve the quality of life for those whose lives are affected by mental illness, by providing information and referrals, education, support, advocacy, and active community outreach.

Our Mission



Take one minute...

to **reflect** on an unexpected way in which our community has come together in the last week.

to **brainstorm** a creative way that you can connect to a friend, family member, or colleague soon.



The Recovery Model

6,300 +
Calls completed in 2019

266%
Increase in calls in April 2020

NAMI
CHICAGO
HELPLINE

LÍNEA DE AYUDA DE NAMI CHICAGO

833.NAMI.CHI
(833.626.4244)

Monday – Friday
lunes a viernes
9am – 8pm

Saturday – Sunday
sábado a domingo
9am – 5pm

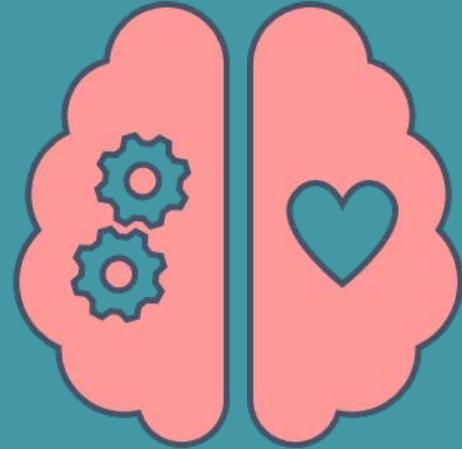


@NAMIChicago

namichicago.org

What is Mental Health?

- **Productive activity**
- **Fulfilling relationships**
- **Ability to adapt to change**
- **Ability to deal with adversity**



World Health Organization (2014)

COVID-19 Stressors

Uncertainty

Disconnection

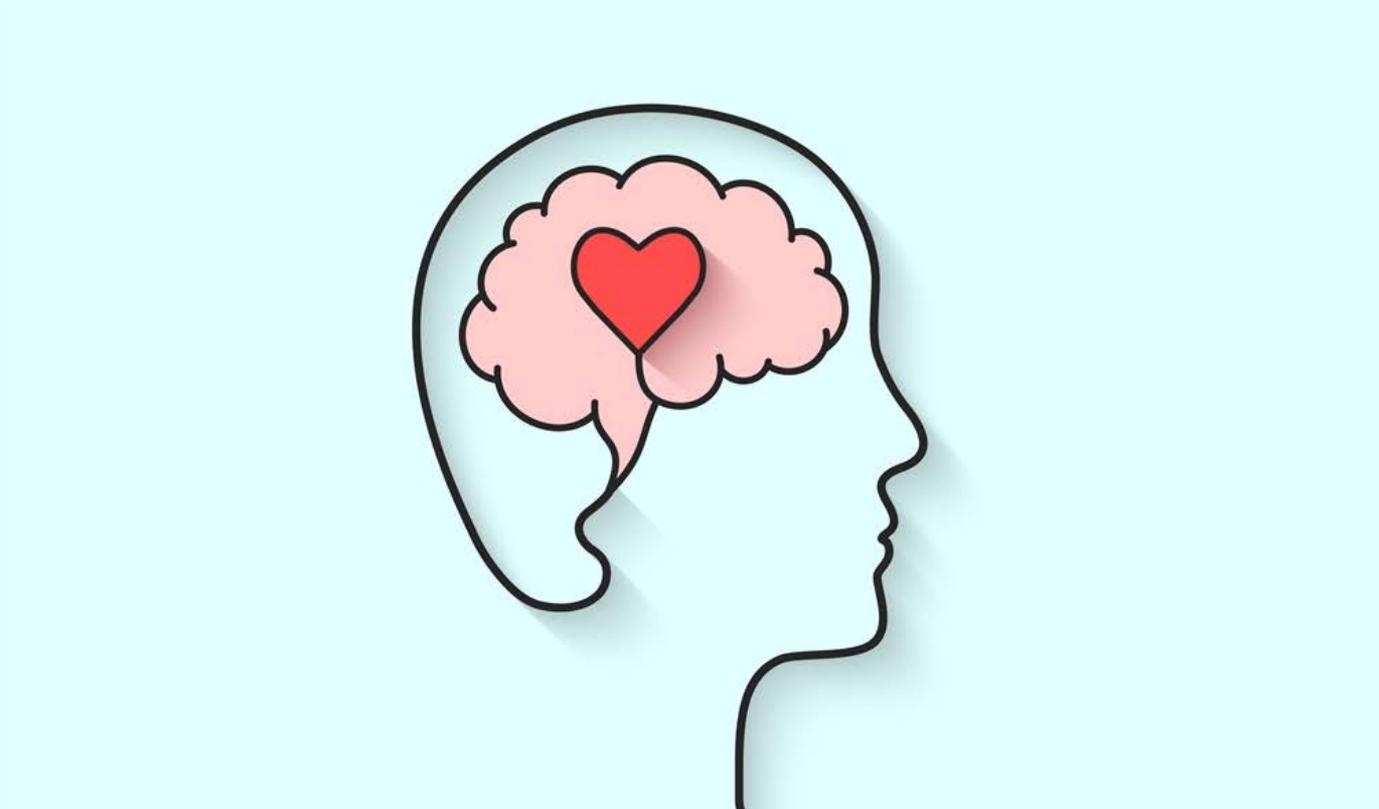
Change

Powerlessness

Anxiety

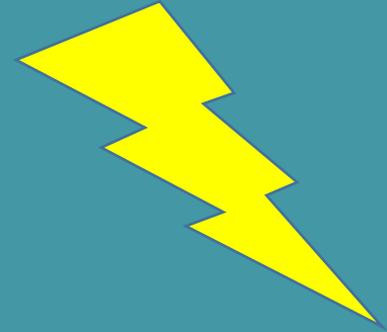
Irritability

Considering Transition Around COVID-19



What is Stress?

Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.



Miriam-Webster (2019)

Effects of Stress

- Headaches
- Trouble sleeping
- Jaw pain
- Changes in appetite
- Frequent mood swings
- Difficulty concentrating
- Feeling overwhelmed
- Feeling worried



National Alliance on Mental Illness, 2019

When to Connect

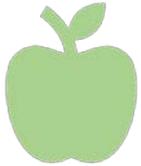
- Changes in sleeping and/or eating habits
- Overwhelming sense of worry
- Social isolation
- Negative mood
- Dramatic change in behavior
- Feeling excessively sad or low
- Increased or prolonged feelings of irritability/anger
- Lack of interest in hobbies
- Increased substance use
- Feeling hopeless
- Difficulty perceiving reality

How to Be Supportive

- Active Listening
 - Normalize
 - Express your concern
-
- Empathy Statements
 - “Sounds like a ____ day.”
 - “That is a lot to deal with.”
 - “It must be confusing.”
 - “It sounds like you...”
 - “Let me see if I understand.”



Creating Your Own Wellness Plan



Health

Commit to a few minutes a day of movement – stretching, a workout video, etc.

Eat healthful meals and stay hydrated

Try meditation and/or yoga

Maintain a routine



Home

Rearrange your space

Be creative – write, draw

Set daily boundaries around self-care – “I will do at least one thing for self-care”

Read something unrelated to work



Purpose

Reflect on what gives you meaning

Practice gratitude – write down three things each day you’re grateful for

Think about what you have and where you want to be



Community

Connect virtually

Send groceries or takeout as a form of gratitude

Reach out if you’re struggling – “I’ll reach out to [support person or Helpline] if I feel [emotion]”

Frederick's Story







Walk forward for mental health!

September 26th, 2020



**It's Mental Health Month!
Get involved with mental
health by signing up for
NAMIWalks Chicago, and
walk for hope, healing,
and community.**

**NAMIWalks Chicago is free and open to the community.
Register today at namiwalks.org/chicago.**

**Show your support for mental health by getting your friends
and family together for a fun and uplifting experience!**



We're here to help you stay hopeful and connected.

Thank you for attending today!

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