

1. INTRODUCTION

The purpose of this roadmap

About the affiliate/How can NAMI help?

Programs overview

2. AN OVERVIEW OF MENTAL HEALTH CONDITIONS

An overview

What is mental illness?

Anxiety Disorders

What causes mental illness?

Common symptoms

Where can I learn more?

Bipolar Disorder

Types of anxiety disorders

Common symptoms

Borderline Personality Disorder

Early warning signs of bipolar disorder in children and teens

Common symptoms

Post-Traumatic Stress Disorder

Common symptoms

Depression

Common symptoms

Schizoaffective Disorder

Types of depressive disorders

Common symptoms

Schizophrenia

Common symptoms

Psychosis

What is psychosis?

Dissociative Disorders

Identifying psychosis

Symptoms

Eating Disorders

Types of psychosis

3. TREATMENT AND RECOVERY

What is recovery?

The elements of recovery

1. Acceptance

What does support from family members look like?

2. Hope

Remember: You're in the process of learning

3. Medication

Mental health resources for veterans and service members

Support is not control

Veterans and active duty

4. Treatment

Tips on being supportive

Dual diagnosis

Active duty: Who should I tell?

5. Housing

How common is a dual diagnosis?

Will asking for mental health treatment affect my career?

Treatment mental illness

Symptoms

The dangers of not disclosing

7. Peer support and relationships

Treatment

Psychotherapy

Military policy and your privacy

8. Resiliency

Types of psychotherapy

Detoxification

Veterans: Making a strong transition to civilian life

Psychosocial treatments

Cognitive behavioral therapy

Inpatient rehabilitation

Types of psychosocial treatments

10. Community involvement

Dialectical behavioral therapy (DBT)

Medication

Psychotherapy

11. Education and knowledge

Types of medication

Eye movement desensitization and reprocessing therapy (EMDR)

Psychoeducation

Medication FAQs

Antipsychotics

Exposure therapy

Does everyone who lives with mental illness have to be on medication?

Self-help and support groups

13. Self-advocacy

Antidepressants

Interpersonal therapy

Tips for medication management

4. WHAT TO DO IN A CRISIS

What is a crisis?

Precursor to a crisis

Basic steps to take when your loved one is in a crisis

Important reminders

Navigating police interactions

What to say if you need to call the police during a mental health crisis

5. THE CRIMINAL JUSTICE SYSTEM

The criminal justice system

What to do after an arrest

Add your location-specific resources

Mental health courts

Step 1: Gather information

Add your location-specific resources

Missing persons

Add your location-specific resources

6. EMPLOYMENT

Supported employment

Supported employment programs

Self-advocacy in the workplace

Add your location-specific resources

Are there legal protections for people with mental illness in the workplace?

If I currently receive treatment and usually feel well, am I still protected by the law?

What is an accommodation?

What protections does the law provide?

Do I have to tell my employer about my mental illness by a certain time in order to be protected under the law?

Do I have to request an accommodation in writing?

How can I prepare for talking to my employer about an accommodation?

7. HOUSING

Housing

Types of housing and definitions

Add your location-specific resources

8. GUARDIANSHIP AND ALTERNATIVES

Guardianship (AKA Conservatorship) and Alternatives

What is a representative payeeship?

What is a power of attorney?

What is a living will?

What is a guardian ad litem and what do they do?

What are the responsibilities of the guardian?

9. UNDERSTANDING HIPAA

Understanding HIPAA

Can healthcare providers share mental health treatment information with family members and friends?

Are health care providers required to obtain a signed informed consent release before sharing information?

What happens if the person living with mental illness objects to information sharing?

How much information can the healthcare provider share with a person's family members or friends?

May family members or friends communicate with a healthcare provider if they are worried about a person?

Can healthcare providers share information with parents or guardians of children?

At what age is a child considered an adult for the purposes of healthcare decisions?

Are there any other restrictions on how and when a healthcare provider may share information with family members or friends?

Can healthcare providers share protected mental health information with law enforcement officials?

10. TOOLKIT

Building a care kit

Add your location-specific resources

Where can people visit to find more support and tips on preventing a crisis?

11. ADVOCACY

Putting your experience to work for change

Legislative advocacy

Fighting stigma & discrimination

Add your location-specific resources

Fighting stigma

What level of advocacy does your affiliate focus on?

Tips to fight stigma in your daily life

Where can people find state-level issues and information on policy makers?

Everyday advocacy

Contact of Legislators:

Add your location-specific resources

The President of the United States

In your state/county/city, how can people register to vote?

Address:

Phone number:

Website:

U.S. House of Representatives Switchboard

Address:

Phone number:

Website:

State Governor

State:

Address:

12. APPENDICES

The Americans with Disabilities Act

Add your location-specific resources

Sample tools

In your state/county/city, how can people file a charge of employment discrimination based on disability?

Crisis Plan

Local resources

Appointment Prep Sheet