



NAMI Resource Guides to Support Individuals

The National Alliance on Mental Illness (NAMI) publishes resource guides to support individuals, family, and friends affected by mental illness to help navigate new or challenging experiences. NAMI's resource guides will provide you with reliable, accessible information to support individuals affected by mental illness. These guides can help you better understand the experiences and challenges associated with mental health conditions, offering practical strategies, guidance, and tools for navigating these issues; ultimately reinforcing the importance of mental health education. View the guides here: <https://www.nami.org/support-education/publications-reports/guides/>

Schizophrenia and Psychosis Lexicon Guide (2023)

Language shapes treatment engagement, empowers individuals, and supports caregivers and patient advocates in fostering understanding and reducing stigma. This guide offers recommendations for preferred terminology when approaching conversations about schizophrenia and psychosis. Learn how to incorporate the perspectives of subject matter experts, individuals with lived experience, and family members.

Navigating a Mental Health Crisis (2018)

Like any other health crisis, it's important to address a mental health emergency quickly and effectively. With mental health conditions, crises can be difficult to predict because, often, there are no warning signs. This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and so much more.

Circle of Care: A Guidebook for Mental Health Caregivers (2017)

NAMI has partnered with the National Alliance for Caregiving (NAC) to create this guidebook which provides resources and information to help friends, family and others who care for an adult with a mental health condition.

Starting the Conversation: College and Your Mental Health (2016)

To help put a thoughtful plan into place should a mental health condition arise, NAMI and The Jed Foundation have created this guide to help start the conversation. It offers both parents and students the opportunity to learn more about mental health, including what the privacy laws are and how mental health information can be shared.