

Mental Health Awareness Month: May 2025



Mental Health Conditions Are Common



1 in 5 people lives with a mental health condition. (1 in 25 lives with a serious mental illness.)

ANXIETY

DEPRESSION

BIPOLAR DISORDER

SCHIZOPHRENIA

Every year in the U.S...

More than **12 million** had serious thoughts of suicide

14.7 deaths per 100,000 Population per year

One suicide death occurs every **11.5 minutes**

Here in Clackamas County...

18.6 deaths per 100,000 Population

12th leading cause of death overall

2nd leading cause of death in 10-24 year olds

Eye Openers about Suicide



Spotting the Signs

BEHAVIOR

- Agitation
- Aggressive behavior
- Erratic behavior
- Manic behavior
- Extreme confusion
- Withdrawn
- Visibly depressed
- Suicidal ideation
- Others?



How do I Intervene?

Calmly approach – R U OK?

Encourage & Reassure. Protect Yourself.

Actively listen, without judgement.

Listen with empathy. You are NOT there to fix it.

Recommend help. Call 988 first.

988 – OR – 503-655-8585. Know your local resources.

Encourage. Partner. Support.

Offer options for support. Hand off to a trusted resource.

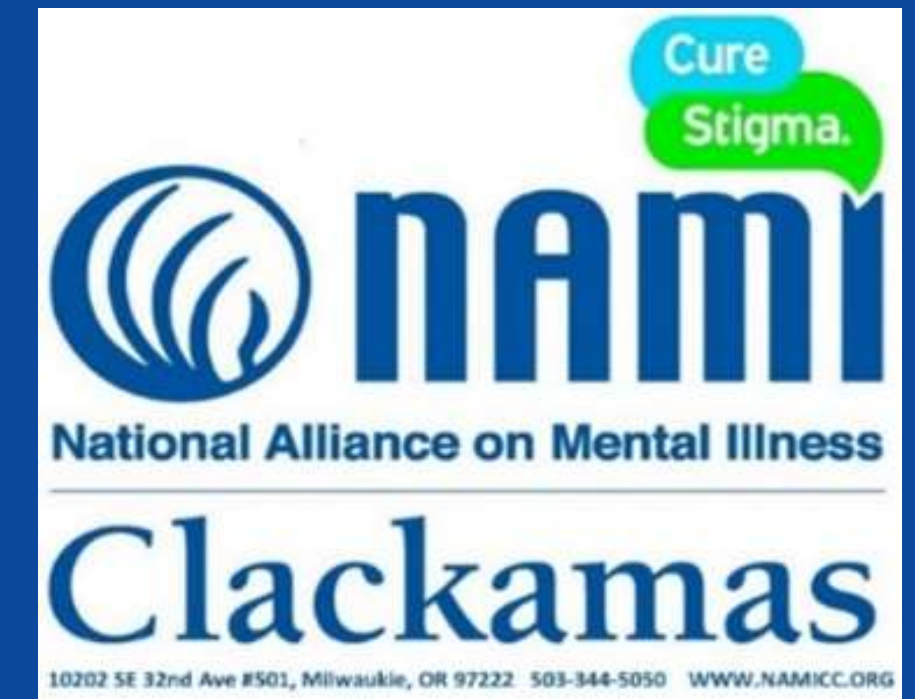


- **Easier Lifeline Access**
- **Help Not Handcuffs**
- **Area Code Specific**
- **OPEN TO ANYONE!**



NAMI Clackamas can help.

NAMI Clackamas is the grassroots non-profit organization providing free mental health **education, support, and advocacy** delivered by people with lived experience to improve quality of life for everyone in our community (since 1978).



NAMI

CLACKAMAS:

FREE CLASSES



8-week Peer-to-Peer classes for adults with mental illness looking to better understand their condition and journey toward recovery

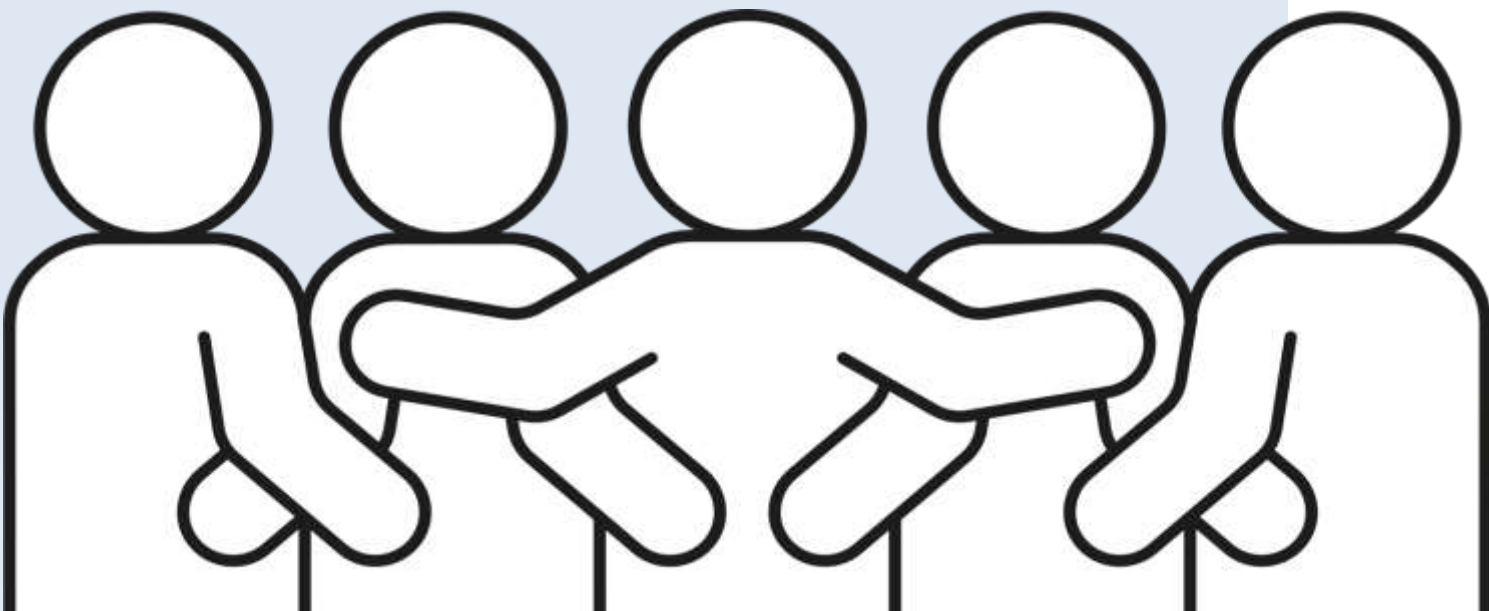


8-week Family-to-Family classes for family, significant others, and friends of people with mental illness



6-week NAMI Basics class for parents, guardians, and others who care for youth

NAMI CLACKAMAS: FREE SUPPORT GROUPS



Three weekly open **Connection Peer Support Groups** for individuals with mental illness plus:

- Weekly **Latinx Support Group & Book Club**
- Bi-weekly **Women's Peer Support Group**
- Bi-weekly **Queer Peer Support Group**
- Weekly **Peer Support Group in the County Jail**

Three monthly/biweekly **Family Support Groups** for those who care about someone with mental illness plus:

- Monthly **Family Book Club**

Biweekly **Suicide Bereavement Group**

Monthly **Compassionate Friends**
family support after loss of a child.

- **In Our Own Voice** presentations to educate our community about mental illness and that recovery is possible
- **Mental Health Matters** presentations to civic clubs, faith communities, neighborhoods, and other groups
- **Lunch & Learn** mental health presentations to inform businesses and their employees
- **Ending the Silence** presentations to middle & high school students to dispel stigmas, teach about signs, symptoms, and action steps

**NAMI
CLACKAMAS:
FREE
PRESENTATIONS**



NAMI CLACKAMAS: FREE ONE-ON- ONE PEER HELP



Peer Resources staff provide one-on-one support (in person, Zoom, or phone) to help those impacted by mental illness connect to needed resources such as housing, health coverage, providers, transportation, and community resources

NAMI CLACKAMAS: SPECIAL PROJECTS



www.namicc.org

**Mental Health Education Classes &
Support Group for Adults in
Custody in Clackamas County Jail**

**Volunteers with Resources for Families in
Clackamas County Courtrooms**



**NAMI
CLACKAMAS:**

**BARRIER-
FREE**



N

DIAGNOSIS

REFERRAL

INSURANCE

O

COST

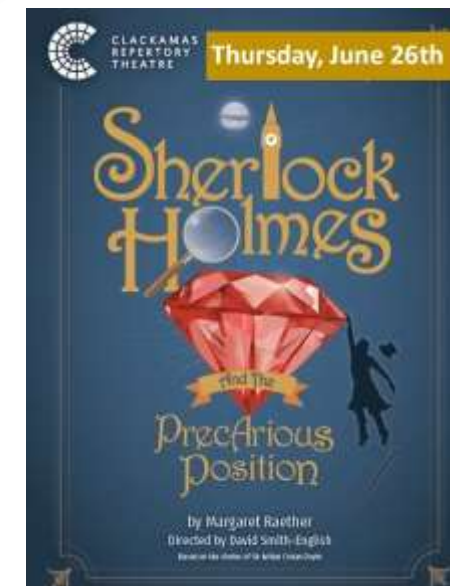
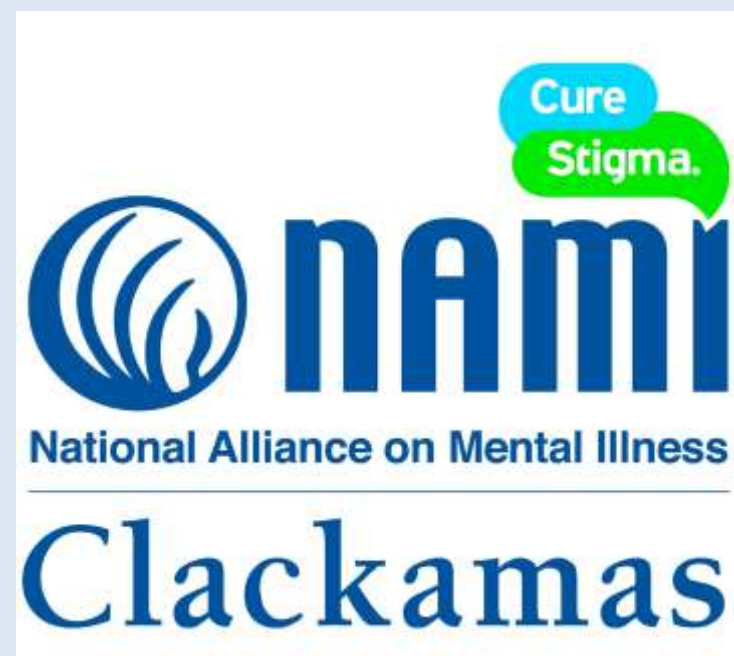


OUR VOLUNTEERS ARE AMAZING!

- Teach
- Facilitate
- Serve
- One-time, short-term, or long-term

To volunteer, contact
volunteercoor@namicc.org

NAMI CLACKAMAS: SUPPORT OUR MISSION



**Stand-Up(s) Against
Stigma Comedy
Night: March**

**NAMI Walks:
Saturday, May 17**

**Theatre Night:
Thursday, June 26**

**Party with a Purpose
Auction/Dinner:
Thursday, Sept. 25**

Champions Circle

"You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle." — Julian Seifter



Please tell us
what you
thought of the
presentation

Thank you!

Questions?: info@namicc.org
or 503-344-5050



@namiclackamas



/NamiClackamas



Questions?





**Free mental health support when you need it
currently available to those ages 13-30**

[Peers.net/namiclackamas](https://peers.net/namiclackamas)



x

