2/10/2023

More results from the Northern Michigan Behavioral Health Initiative’s Reduce Mental Health Stigma survey. In #NorthernMichigan, the BHI survey found that 7 out of 10 participants reported feeling frustrated because they don’t know how to help someone experiencing mental illness.

Learn how to support your family, friends, and community and be #StigmaFree by downloading this guide: <https://nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Want-to-know-how-to-help-a-friend.pdf>.

Find out about Signs and Symptoms of Mental Illness here: <https://nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>.

You can find more information on the survey here: <https://www.tinyurl.com/ywmzdzp7>. #AskListenSupport #StopStigma

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