

It's OK to Ask for Help!

*October 5th-11th is Mental
Illness Awareness Week*

*and World Mental Health Day
is on October 10th!*



This year's theme.



*"Building Community:
Supporting Mental Well-being
Together."*

*highlights the importance of social
and interpersonal connections while
raising awareness on how they can
impact mental health.*



*(National Alliance on Mental Illness
(NAMI). 2025)*

National Alliance on Mental Illness (NAMI) offers support helplines to connect with a free specialist if you or a loved one needs help.

NAMI HelpLine

Call 1-800-950-NAMI (6264). text "NAMI" to 62640 or email us at helpline@nami.org. Get help at [nami.org/help](https://www.nami.org/help).

NAMI Teen and Young Adult HelpLine

Call 1-800-950-NAMI (6264). text "Friend" to 62640 or email us at helpline@nami.org. Talk to us at [nami.org/talktous](https://www.nami.org/talktous).

NAMI helplines are available Monday-Friday from 10 am. - 10 pm. ET.

In a crisis, call or text 988 (24/7).

(National Alliance on Mental Illness (NAMI), 2025)

References

*National Alliance on Mental Illness (NAMI) (2025). Mental
Illness Awareness Week. [https://www.nami.org/get-
involved/awareness-events/mental-illness-awareness-
week/](https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week/)*

