

Reducing Stigma of Mental Health

The Other Side

Ever wondered what it's like to live with a mental illness or addiction? Is there hope? Is help available? The Other Side portrays what it's like to live in the grip of mental illnesses and addictions and how treatments and supports provided in the community make recovery possible.

http://www.youtube.com/watch?feature=player_embedded&v=V0V0WX75t_I

Should I talk about my mental health?

Talking about your story can be healthy. Get support to make wise choices about disclosure.

<http://rogersinhealth.org/resources/should-i-talk-about-my-mental-health>

From Secrecy to Empowerment

Should parents talk about their child's illness? Support is gained through careful disclosure.

<http://rogersinhealth.org/resources/empowerment>

Searching for Professional Help

Finding the right help is a journey worth taking

<http://rogersinhealth.org/resources/searching-professional-help>

We Missed It

Many families miss the signs of trouble.

<http://rogersinhealth.org/resources/we-missed-it>

Experiences on the Job

See how two men's mental illness impacted past employment and their perspectives on talking about it with supervisors.

<http://rogersinhealth.org/jobexperiences>

M. Recovery Without Labels

Understanding your illness is key, but it doesn't have to define you.

<http://rogersinhealth.org/resources/m-recovery-without-labels>

Substance Use Masks Illness

Mike's developing schizoaffective disorder is initially masked by alcohol and marijuana use. Through strong support from NAMI education and support groups and effective medical treatment, Mike supports others in their path to recovery. - See more at:

<http://rogersinhealth.org/resources/substance-use-masks-illness#sthash.DRcphly1.dpuf>

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Other Videos

View other videos related to mental health at: <http://rogersinhealth.org/>