

# BRAINSTORMING

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Brainstorming is an on-line publication of the National Alliance on Mental Illness (NAMI) - Wichita Affiliate. It is made up of articles encompassing the topic of mental illness. Information provided in this e-magazine is for informational purposes only, has not been researched or independently verified and is not intended as medical advice. Views published in Brainstorming are those of the individual authors and contributors and do not reflect and are not endorsed as local, state or national NAMI positions. To read the full articles, click on the "Read more" link following the introduction to each article and open the hyperlink. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at [lkohr@cox.net](mailto:lkohr@cox.net).

## 10 Things to Know about the ADA and Beyond

July 26, 2016 marked the 26th anniversary of the Americans with Disabilities Act (ADA). This article describes 10 facts about the Act, some of which are little known and may be misunderstood, including about the ADA and service animals and protecting your right to vote.

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## A Closer Look at Mental Health Reform Legislation

With half of Americans with mental health conditions going without essential services and supports—and others getting only minimal care—reform of our nation's mental health system is a priority issue for NAMI. Fortunately, Congress is listening. There is unprecedented agreement in the U.S. House and Senate on the need for mental health reform. This has resulted in the introduction of several bills, each of which NAMI supports. All the bills have positive provisions that will help move mental health reform forward.

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## **10 Things Jobseekers Should Know**

The Americans with Disabilities Act (ADA) guarantees that job applicants and employees with disabilities have certain rights. The ADA covers things like what questions employers can ask about your disability or medical condition during an interview and what pre-employment medical tests they can require you to take. The ADA also requires employers to provide reasonable accommodations for employees with disabilities.

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## **Anxiety disorders**

Anxiety is a normal response to stress. But when it becomes hard to control and affects your day-to-day life, it can be disabling. Anxiety disorders affect nearly one in five adults in the United States. Women are more than twice as likely as men to get an anxiety disorder in their lifetime. Anxiety disorders are often treated with counseling, medicine, or a combination of both. Some women also find that yoga or meditation helps with anxiety disorders.

[Read more](#)

## **Technology and the Future of Mental Health Treatment**

Technology has opened a new frontier in mental health support and data collection. Mobile devices like cell phones, smartphones, and tablets are giving the public, doctors, and researchers new ways to access help, monitor progress, and increase understanding of mental wellbeing.

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