



# 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. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at [l.kohr@namiwichita.org](mailto:l.kohr@namiwichita.org).

## 8 Ways to Take Care of Your Mental Health When You're on a Budget

Taking care of your mental health can feel like a very expensive, very inaccessible thing to do. And while, yes, a big part of that is the price tag associated with not-cheap therapy (a single session in the U.S. costs \$182 on average, **per data** collected from Zencare last February), all the other ways you take care of your needs and your well-being (read: self-care) to support your mental health also typically cost money.

[...] Actually, there are a ton of ways you can take care of your mind without digging into your savings: Boundary-setting (it's free!), sliding-scale options for therapy, expert-approved self-help books, and just making the time to do the little things that make you feel happy all count. Here's how to get started.

[Read more](#)

## What Actually Causes Bipolar Disorder?

When you find out that you have bipolar disorder—or any mental health condition, for that matter—it's not unreasonable to wonder, *Why is this happening to me?* A diagnosis from a professional is cool and all, but if you don't understand *why* you are the way you are, the symptoms of a mental illness might seem even harder to deal with. So, what causes bipolar disorder anyway?

[Read more](#)

## **Survey finds nearly two in five Kansas teenagers reporting feelings of depression**

Kansas teenagers are struggling with a years-long, upward trend in mental health issues and risk of suicide, a survey of nearly 71,000 of the state's students found.

Officials administering the Kansas Communities That Care Survey shared several striking results from the annual survey, a de facto snapshot of Kansas students' well-being and safety, with the Kansas State Board of Education on Tuesday.

[Read more](#)

## **How to Practice STOP Mindfulness**

The "STOP" acronym stands for stop, take a breath, observe, and proceed. This four-step technique can take a minute or less.

Mindfulness has a number of well-recorded benefits. There are many ways to practice mindfulness, the STOP technique being one popular method.

If you're feeling stressed, overwhelmed, or anxious, the STOP mindfulness technique might help you calm down quickly. You can use it to ground yourself in times of stress and overwhelm.

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## **Military veterans can now receive free emergency mental health care**

As of Tuesday, US military veterans in an "acute suicidal crisis" can receive free treatment including inpatient care up to 30 days and outpatient care for up to 90 days.

The expanded care was [announced](#) by the Department of Veterans Affairs on Friday, and is meant to "prevent veteran suicide by guaranteeing no cost, world-class care to veterans in times of crisis." Veterans who are seeking that care can go to any VA or non-VA health care facility, the release said, and they do not have to be enrolled in the VA system to receive care.

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