



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.

Facebook Live: Youth Suicide Prevention

Date/Time: September 19, 2023, 2:00–2:30 p.m. ET

Location: Virtual

Please join the National Institute of Mental Health (NIMH) for a Facebook Live event on youth suicide prevention. Suicide is a leading cause of death among young people in the U.S. During the event, NIMH experts Drs. Lisa M. Horowitz and Stephen O'Connor will lead a discussion on talking to youth about suicide risk, how to identify the warning signs of suicide, risk factors for suicide, and NIMH-supported research on interventions for youth suicide prevention.

No registration is required to watch this live-stream event. Please tune in on NIMH's Facebook on September 19th at 2:00 p.m. ET. This event will be recorded and available to watch later on NIMH's website.

[Read more](#)

14 TV Shows Featuring Characters With Bipolar Disorder

While not all television characters with bipolar disorder are accurately portrayed, there are some shows that get it right, with an authentic dramatization of mania, depression, and paranoia, and how relationships are affected.

[Read more](#)

Someone you love attempted suicide. Where do you go from here?

What if talking about it brings it back up? What if I get uncomfortable and say the wrong thing? What does this mean about me? What if it happens again? It can be difficult to know how to move forward when someone we love attempts suicide.

[Read more](#)

Best Practices for Successful Reentry From Criminal Justice Settings for People Living With Mental Health Conditions and/or Substance Use Disorders

Individuals living with mental health conditions and/or substance use disorders reentering the community from jail or prison are at high risk for a recurrence of symptoms and reengagement with the criminal justice system. Therefore, there is a need to identify and assess the effectiveness of reentry programs for individuals living with health conditions who are incarcerated.

[Read more](#)

Beyond Beds: The Vital Role of a Full Continuum of Psychiatric Care

Nearly 10 million individuals in the United States are estimated to live with a diagnosable psychiatric condition sufficiently serious to impair their personal, social, and economic functioning. Hardly a day goes by without a study, headline, court case, or legislative action calling for reforming the mental health system to better serve this population. Often, these calls to action end in two words: "More beds."

[Read more](#)