

BRAINSTORMING

Volume 9, Issue 3

May/June 2024



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.

Biden-Harris Administration Announces \$46.8 Million in Behavioral Health Funding Opportunities to advance President Biden's Unity Agenda as Part of May Mental Health Awareness Month

Funding to be awarded will support youth mental health, the behavioral health care workforce, substance use treatment and recovery, integrated health care solutions, and training and technical assistance.

[Read more](#)

SAMHSA Announces Art of Recovery Project, Highlighting Role of Artistic Creativity in Mental Health and Substance Use Recovery

Today, the Substance Abuse and Mental Health Services Administration (SAMHSA) is launching the [2024 Art of Recovery](#) project. This initiative highlights the impact of art on mental health and substance use recovery, showcasing how creative expression can serve as a pathway to solace, healing, and empowerment. The project solicits submissions, including artwork and a brief description of the artist's inspiration, from artists with lived or living recovery experience.

[Read more](#)

What to Do When You Can't Afford Therapy

If you're unsure whether therapy fits in your budget, there are alternatives that may open doors that you thought were sealed shut.

[Read more](#)

10 Types of Therapy for Anxiety and How They Work

Therapy is a powerful tool in managing your anxiety symptoms — but what type of therapy is right for you?

[Read more](#)

Depression is Not a Normal Part of Growing Older

Depression is a true and treatable medical condition, not a normal part of aging. However older adults are at an increased risk for experiencing depression. If you are concerned about a loved one, offer to go with him or her to see a health care provider to be diagnosed and treated.

Depression is not just having “the blues” or the emotions we feel when grieving the loss of a loved one. It is a true medical condition that is treatable, like diabetes or hypertension.

[Read more](#)

When Children and Teens Self-Harm

If the child you love is hurting so badly they're harming themselves, you probably feel the pain, too.

Parents and caregivers may feel confused, angry and helpless when they see signs that their child or teen is engaging in self-harm. They realize their child needs immediate help, but many have no idea where to begin.

[Read more](#)