HERITABILITY
Portion of a condition attributed to Genetics
• 50-60% ADDICTION
• 80-85% BI-POLAR
• 75%-80% SCHIZOPHRENIA
• 40% DEPRESSION
• 75-90% ADD/ADHD
• 50% OCD
• 45% BPD
• 44% EMOTIONAL VULNERABILITY

Mental Illnesses are all on a spectrum and are treatable!
The brain is the only organ in the body that is not fully developed until our mid to late 20’s (30’s if using drugs). Consuming alcohol or other drugs including cannabis (THC) prior to age 30 can delay and adversely impact the brain’s full development.

Understanding genetic predisposition to both mental illness and addictive tendency is crucial. Knowing you have a family history that includes addiction of any kind or mental illness of any kind may help you make healthy choices that can preserve your long-term cognition and brain function. Of those diagnosed with Bi-Polar for example, studies find that up to 85% had someone else in their family tree with the same condition.

Genetic predisposition is a key factor determining whether someone will later be diagnosed with a mental illness. Environment plays a strong role. Environment can be what happened In Utero (in the womb); conditions in which we live; traumatic events or consuming alcohol or other drugs that affect our brain.

Loneliness is on par with obesity in terms of its impact on a person’s risk of death — stay connected with others in your life!

• Middle and High School Students: Share what you are feeling with a school psychologist, counselor, parent or trusted adult
• Know that talking about mental health and learning about mental health is healthy!
• Ask your doctor for a mental health screening. Seek professional support promptly to optimize your brain’s function and to feel your best.
• Text “NAMI” to 741741 to receive welcoming and supportive help.