what is your genetic predisposition

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  |  ++% EMOTIONAL VULNERABILITY

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 be later diagnosed with a mental illness and/or co-occurring addiction. 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.

CRUCIAL CONVERSATIONS
Exploring your FAMILY TREE to understand genetic predisposition risk factors helps you understand yourself and others.

FEELING
know what you are
Feeling hopeless without joy for more than 2 weeks
Feeling very sad or withdrawn for more than 2 weeks
Feeling out-of-control, risk-taking behavior
Feeling a need to take alcohol or drugs
Feeling overwhelming fear repeatedly
Feeling like you are being followed or watched
Feeling like you are hearing things or seeing things which others cannot hear or see
Feeling great difficulty concentrating or staying still
Feeling so worried and feeling so anxious that your daily routine is affected
Feeling difficulty falling asleep and/or staying asleep

and know what to do
ABOUT IT
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.

LEARN MORE
NIMH.org | ghr.nlm.nih.gov | NAMI.org
namieldoradocounty.org | bbrfoundation.org
thetrevorproject.org | ok2talk.org
teenshealth.org | jedfoundation.org

24/7 CRISIS TEXT LINE
text “NAMI” to 741741
NATIONAL SUICIDE PREVENTION LIFELINE
1.800.273.TALK (8255)

50% experience symptoms of mental illness by age 14; 75% by age 24

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!

Mental Illnesses are all on a spectrum and are treatable!