



In Celebration of Mental Illness Awareness Week

The Center for Reducing Health Disparities and the National Alliance on Mental Illness (NAMI), Nebraska Chapter will be hosting an informational breakfast

Wednesday, October 10, 2012

8:30-9:00am

MCPH, Room 1001

In 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since 1990, mental health advocates across the country have joined together during the first full week of October. MIAW is an opportunity to learn more about serious mental illnesses such as major depression, bipolar disorder and schizophrenia.

Mental illnesses are medical illnesses. One in four adults experiences a mental health problem in any given year. One in 17 lives with serious, chronic illness. Many people in our community are directly affected by mental illness, and the good news is that treatment does work and recovery is possible.

As a NAMI board member, I invite you to join us on Wednesday, October 10, 2012 at 8:30am to learn more about what community efforts are going on to raise awareness about mental health issues. I hope that you will become an advocate and fight mental health stigma by learning more and discussing the issues.

"People living with mental illness are our neighbors. They are members of our congregations, members of our families; they are everywhere in this country. If we ignore their cries for help, we will be continuing to participate in the anguish from which those cries of help come. A problem of this magnitude will not go away. Because it will not go away and because of our spiritual commitments, we are compelled to take action." –Rosalynn Carter