

MAY IS MENTAL HEALTH MONTH



People with mental problems 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 for 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)

DID YOU KNOW...

The magnitude of mental illness in this country is staggering. According to the Surgeon General, one in every five Americans experiences a mental disorder in any given year and half of all Americans have such disorders at some time in their lives. These illnesses of the brain affect all of us, regardless of age, gender, economic status or ethnicity.

Mental illness affects the mind, body and the spirit. It is a real, common and treatable illness. Mental illnesses are far more common than cancer, diabetes, heart disease or arthritis.

Our faith communities can be an important part of the recovery process through education, support and by helping individuals and families feel part of a caring community.

MAY HAS BEEN DESIGNATED AS MENTAL HEALTH MONTH

Community events will highlight mental health issues affecting children, adolescents, adults and older adults.

Watch for events in your community and use these national sites to find information about specific illnesses such as depression and anxiety disorder.

- Depression and Bipolar Support Alliance (DBSA) www.DBSAAlliance.org
- National Alliance for Mental Illness (NAMI) www.NAMI.org
- Mental Health America www.nmha.org
- SAMHSA www.stopstigma.samhsa.gov

For resources to help erase the stigma of mental illness in our faith communities, visit the Mental Health Ministries website at www.MentalHealthMinistries.net.

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