



## Inaugural Event

When it comes to behavioral health, the stigma of mental illness shames people, it makes them feel guilty, it causes immense pain and suffering and leaves people isolated and confused. It doesn't have to be that way. We can erase stigma by calling it out for what it is, ignorance. Help the National Alliance on Mental Illness (NAMI) New Mexico raise awareness of stigma. Stigma keeps people and families from getting the help they need to recover from mental illness. Attend the event below to learn more about stigma. You will walk away educated and inspired to do more to erase stigma in your family, with your friends and at your work place.

Did you know that **New Mexico leads the nation in per capita mental illness** at 23.6%? This compares to the national estimate of 17.8%. Over 470,000 New Mexicans are dealing with behavioral health issues. Yet as prevalent as mental illness is, 60% of adults and one-half of youth ages 8 to 15 with a mental illness received no mental health services in the previous year. Even worse, Hispanic and Blacks access mental health services at half the rate of the general population. Why aren't New Mexicans seeking the help they need when it comes to mental illness? One word, STIGMA. Most people fear the diagnosis of mental illness because of what their neighbor, boss or friend will think about them. There is a huge need to educate the community about mental health services and erase the stigma that causes too many NOT to seek the services they (or a loved one) needs.

MindMatters brings together food, wine and music while you listen to speakers with a lived experience of mental illness. Find resources from local agencies that can help to support your knowledge of mental illness and learn how you can erase stigma with your family, friends and in your workplace.

Become a sponsor or purchase tickets to this event. A sponsor packet is attached. Tickets are \$50 per person. NAMI New Mexico is a registered 501(c)3 organization and your support is fully tax deductible.

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