NAMI [*Insert Affiliate Name*] OBSERVES MENTAL HEALTH MONTH

[City, State] — [Name], the local affiliate of NAMI, the National Alliance on Mental Illness, will observe Mental Health Month to raise awareness about mental illness. One in five adults in the United States lives with a mental health condition. Half of all lifetime mental health conditions begin by age 14 and 75 percent by age 24, but early intervention programs can help.

To help inspire awareness during Mental Health Month, **[Name]** will celebrate a theme of "Into Mental Health: Inspired, Informed, Involved."

[Insert short description of any affiliate event or anything specific to an activity during Mental Health Month including location, date and time or web address for more information.]

"Nearly 60 million people in the United States face the day-to-day reality of living with a mental illness and every American is affected through their friends and family," said **[*insert local spokesperson*]**. "Throughout the year, NAMI, the National Alliance on Mental Illness, launches campaigns to raise awareness of mental health conditions. This year, during the month of May for Mental Health Month, we are asking everyone to join with us to say, 'I'm in to mental health.' Our goal is to inspire people to build better lives for millions of people with mental illness."

Mental Health Month is an opportunity to take action, and become inspired, informed and involved to help others. Together, we aim to provide support, advocate for equal care and fight stigma. Stigma is a sign or sense of disgrace that sets someone apart from others. Navigating life with a mental health condition can be tough, and the isolation and blame that is often encouraged by stigma can create huge challenges to moving forward in one's recovery journey.

For additional information about Mental Health Month, and to access resources and suggested activities, visit: www.nami.org/mhm and www.nami.org/intomentalhealth.

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.   www.nami.org | www.facebook.com/nami | http://twitter.com/namicommunicate