



NAMIWalks NH 2010 October 3, 2010

“**Stigma** is one of the more formidable obstacles to a transformed mental health system...it deters the public from seeking and wanting to pay for care... Worst of all, it often causes people with mental illnesses to become so embarrassed or ashamed that they conceal symptoms – and avoid seeking the very treatment, services and supports they need and deserve.” *Developing a Stigma Reduction Initiative*. SAMHSA Pub No. SMA-4176. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, 2006.

Why do we WALK?

**TO REDUCE THE STIGMA OF MENTAL ILLNESS
TO REPLACE THE MYTHS WITH FACTS
TO PROMOTE AWARENESS ABOUT TREATMENTS AND RECOVERY
SO PEOPLE KNOW THAT MENTAL ILLNESS IS AN ILLNESS LIKE ANY
OTHER**

Who do we WALK for?

Our children, husband, wife, mother, father, sister, brother, aunt, uncle, cousin, friends...

In NH an estimated 254,000 adults and 55,756 children have experienced a mental illness in the past year.

An estimated 26.2 percent of Americans ages 18 and older — about one in four adults — suffer from a diagnosable mental disorder in a given year.

About 65% to 70% of youth involved in the Juvenile Justice System, specifically residential facilities, have some sort of mental health disorder.