

## What Can Your Congregation Do?

- **Pray for people** with mental illness and their families.
- **Be a friend** to those who may have few friends or support systems.
- **Integrate people with mental illness into your community.** Include them in activities of the congregation and encourage them to volunteer in meaningful ways.
- **Open your building to support groups** for people with mental illnesses and their families.
- **Educate yourselves** about mental illness. **NAMI Mercer and IFSS** are pleased to provide any resources or speakers for your group.
- **Advocate for people in our community with a mental illness** by supporting efforts to find housing and jobs, challenging stigma, and encouraging legislators to support research and community services.



**NAMI MERCER (National Alliance on Mental Illness)** improves the lives of individuals and families affected by mental illness by providing education, advocacy and mutual support.

Please visit our website at [www.namimercer.org](http://www.namimercer.org) or call our Helpline at 609-799-8994 for information.

**Greater Trenton Behavioral HealthCare** and NAMI Mercer collaborate to provide **Intensive Family Support Services (IFSS)**. IFSS staff members provide Family Support Groups or supportive counseling for family members of adults with mental illness. **Contact IFSS at 609-396-6788.**

**NAMI Mercer AND IFSS SERVICES ARE FREE OF CHARGE TO ALL MERCER COUNTY RESIDENTS!**  
**If you or someone you love is affected by mental illness**  
**YOU ARE NOT ALONE!**

## Mental Illness Awareness Week, October 4<sup>th</sup> – 10<sup>th</sup>, 2009

### Mental Illness: Facts and Figures



- Mental illness affects people of all ages, races, religions, & incomes. Mental illness is a medical condition, and not the result of personal weakness, lack of character, or poor upbringing.
- Mental illnesses are treatable and recovery is attainable with the improved medications, psychosocial treatments, and family support.
- 57.7 million Americans (25% of adults) experience a mental health disorder, but only 8 million seek help. Many people do not seek treatment due to the stigma, guilt, and shame associated with a mental illness.
- 20% of children have a diagnosable mental, emotional, or behavioral disorder. 70% of these do not receive services.
- Major depression is the leading cause of disability in the US for people from age 15 to 44.
- Less than 33% of adults and 50% of children with a diagnosable mental disorder receive mental health services in a given year.
- Suicide is the 11<sup>th</sup> leading cause of death in the US, and the 3<sup>rd</sup> leading cause of death for those age 10-24 years. More than 90% of those who die by suicide have a diagnosable mental disorder.
- In July 2007, a nationwide report indicated that male veterans are twice as likely to die by suicide as compared with their civilian peers.

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