Alexandria's Mental Health HOPE Campaign

WHAT YOU CAN DO ABOUT STIGMA

Learn About Ways to Overcome Stigma:

National Mental Health Awareness Campaign: www.nostigma.org contains extensive information for youth and adults on stigma and what you can do about it, "real life stories" told by youth themselves about their struggles with mental illness, myths about mental illness, warning signs, and tips for helping someone you know who may have a mental health issue.

Get involved:

-- Join the *Partnership for a Healthier Alexandria's Mental Health Anti-Stigma HOPE Campaign Work Group or the Substance Abuse Prevention Coalition of Alexandria (SAPCA) Work Group.* Go to www.alexhealth.org/partnership to find out how to get involved.

-- Join *Friends of the Alexandria Mental Health Center*. Since 1984, the *Friends*, a not-for-profit group of resident-volunteers, has supported Alexandrians with mental disabilities and their families through advocacy, education, and fundraising to meet social, vocational and emergency needs. If you would like to find out more about the Friends, go to http://alexandriava.gov/mhmrsa/info/default.aspx?id=2668

-- Join the Northern Virginia Chapter of the *National Alliance on Mental Illness* for monthly meetings featuring a speaker of interest to consumers and family members. NAMI also conducts several support groups and training workshops. See: www.naminova.org Join NAMI's StigmaBusters campaign. See: www.nami.org

-- Wear your silver ribbon pin and join the *Silver Ribbon Coalition* to help break down barriers to treatment and support and to help eliminate stigma. See: www.silverribbon.org

-- Arrange a speaker on a mental health topic for your business, organization, or congregation. Contact Will Thompson, CSB, 703-838-4455, Ext. 208 or Will.Thompson@alexandriava.gov

-- Contribute financially to support workshops and community outreach events designed to overcome stigma. Contact the *Friends of the Alexandria Mental Health Center* (see contact information above).

-- Volunteer with *CrisisLink!*, a local non-profit providing support to those facing life crises, trauma and suicide. Become a Volunteer Hotline Listener on the crisis intervention & suicide prevention hotline, provide office support, or help with community outreach or special events. Visit www.crisislink.org/volunteer or call 703-527-6016 for more information.

-- Volunteer to provide support to someone in need. Become a Representative Payee (manage the finances of a person who is unable to do so due to disability) or a Friendly Visitor (visit and plan activities or outings with an adult with intellectual disabilities who lives in a City group home.) Contact: CSB Volunteer Coordinator, Jennifer.Cohen-Cordero@alexandriava.gov or 703-838-4455, Ext. 161.

Advocate for Legislative Change: Keep up-to-date on the legislative advocacy and public policy issues at the Virginia Association of Community Services Board's (VACSB) website at http://www.vacsb.org/advocacy.asp

Support Research: National Alliance for Research on Schizophrenia & Depression: www.narsad-dc.org NARSAD, comprised of the National Alliance for the Mentally Ill, The National Mental Health Association, and The National Depressive and Manic Depressive Association, raises funds for psychiatric brain disorder research. NARSAD has recently expanded its focus to include 32 diseases (e.g., Autism, Alzheimer's, Parkinsons, and others), in addition to Schizophrenia, Depression & Bipolar Disorder.