

ReThinking Mental Illness

#endthestigma

DAY
6

Converse2Reverse The Stigma

We're Going The Distance!

RETHINKING MENTAL ILLNESS

1 in 4 young adults has a mental health condition. Raising mental health awareness helps to end the stigma and help to create more supportive communities. The time is now to "rethink" mental illnesses and to *#EndTheStigma*. We must empower our love ones to seek the help needed without judgement or isolation as we dispel the harmful myths about mental illness.

#BeeThe1ToHelpSomeone is a Sock'n It! initiative and has provided [Converse2Reverse](#) resources to assist individuals and families. Our *TeamBee* has completed the First Aid Mental Health certification courses offered by National Alliance on Mental Health (NAMI).

Join *TeamBee* and ask Congress to help prevent suicide by passing the *National Suicide Hotline Designation Act, H. R. 4194*. The bill would create an easy to remember 3-digit number as the nationwide hotline for suicide prevention and mental health crisis. Your help can make this nation-wide number a reality by contacting your US Representative (202) 225-3121 and US Senator (202) 224-3121.

Thank you for supporting #TeamBee!



1 IN 5 PEOPLE

EXPERIENCE A MENTAL HEALTH CONDITION

Mental illness doesn't discriminate by your background or race, but access to care might.

Stigma, lack of access and poorer quality care, affect mental health

Minority
Mental
Health
Month

Learn More at