

# COUNTY OF SUFFOLK



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**COUNTY LEGISLATURE**

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## **October 6 – October 12 is Mental Illness Awareness Week** *Legislator Browning Announces Countywide Events*

**Mastic, NY** – This week is recognized as Mental Illness Awareness Week across the nation, and Legislator Kate Browning (WF-Shirley) is helping to spread the word about the various events that have been scheduled to promote understanding of mental illness through partnerships and education. Throughout the week there will be coordinated anti-stigma events with the goal of reaching every Long Island family.

Mental Illness Awareness Week is a national campaign established by Congress in 1990 and held the first full week of October. For the past 20 years Mental Illness Awareness Day has been held during the National Mental Illness Awareness Week, with the goal of reducing stigma and promoting understanding through an educational and motivational conference. This year mental health organizations are aiming to have a broader reach with a series of events and activities.

One in four adults in the United States will have a mental illness this year. Many effective treatments exist for those that seek care, but not everyone does due in large part to stigma. Stigma is commonly cited as a major reason why someone suffering from a mental health disorder does not seek help. Help to reduce stigma and increase help seeking behavior is needed now more than ever.

Events are being coordinated by the Mental Health Association of Suffolk County, Clubhouse of Suffolk, and Suffolk County United Veterans with the goal to “Stamp Out Stigma”. The calendar of events taking place around Long Island can be found at [www.miaweek.org](http://www.miaweek.org).

“Mental Illness is a serious disease that effects a quarter of our population each year,” stated Legislator Kate Browning. “It’s critical that those in need reach out for help, and by bringing awareness to the issue throughout the week I hope more people will do so. I urge anyone who is impacted to get involved and participate in the various events.”

If you or someone you know is having difficulty coping, help is available. You can find support and information by calling the Mental Health Association in Suffolk County at 631-226-3900.

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