

6

simple things you can do to make the world a better place for people with mental illnesses

1 Be an inspiration

Share your story. Has mental illness impacted you or your family in some way? Your story will empower others to seek treatment or have hope.

2 Be a "StigmaBuster"

Challenge negative attitudes toward mental illness among your friends and acquaintances and in the media.

3 Be a friend

Help someone seek treatment or take a mental health screening – be a partner in wellness.

4 Be a donor

Attend a fundraiser for a mental health organization or suicide prevention program. Make a gift to the group now and name them as a beneficiary in your will.

5 Watch your language

Pay attention to the words you use and avoid stigmatizing labels. Do not refer to people as "crazy," "psycho," "lunatic" or "mental."

6 Join NAMI

There is strength in numbers. Every NAMI (National Alliance on Mental Illness) member makes a difference when we go to the legislature to advocate for nondiscriminatory and equitable state, federal and private-sector laws and policies. You can use the form on the reverse side of this sheet to join. Your local chapter, NAMI Boulder County, offers a variety of classes, support groups and other resources. Learn more at

www.namibouldercounty.org

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