

FEATURED

# Raising awareness to end the stigma of mental illness

Oct 10, 2018



Amanda Motlow and Jaqueline Goodman hold candles at Riverbend Center for Mental Health in Florence where the National Alliance on Mental Health/Shoals' 26th Candlelight Vigil ceremony was held on Tuesday night. [JIM HANNON/TIMESDAILY]

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FLORENCE — They lit candles and stood silent for an hour to raise awareness - and action - toward understanding

NAMI Shoals, the local affiliate of the national American National Alliance on Mental Health Tuesday "CureStigma." Keynote speaker for the event was Lauderdale County Probate Judge Will Mc

Event organizers released information noting that about 1 million people are affected by mental illness each year. One in 25 experience a serious mental illness such as schizophrenia, bipolar disorder and



each year. One in 25 experience a serious mental illness such as schizophrenia, bipolar disorder and

major depression. Another statistic of concern: 50 percent of chronic mental illness begins by age 14, and three-quarters by age 24. And those who are affected and their families still are often subjected to stigma and discrimination.



According to NAMI's information, stigma free involves three basic steps: learn about mental illness; see the person, not the illness; and take action - spread the word, raise awareness, and make a difference.



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