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## **STRIKE OUT STIGMA**

*A Fun Event offering Important Information and Resources on  
Mental Illness and Substance Abuse*



**Montgomery, Ala.** – The Alabama Department of Mental Health, community partners and the Montgomery Biscuits are hosting Strike Out Stigma Night to offer frank information and resources on mental illness and substance. Join us August 24 for the 6:35 p.m. game!

According to the National Alliance on Mental Illness (NAMI), one out of four American families includes a member diagnosed with some type of mental illness. Stigma surrounding mental illness and substance abuse causes people to feel ashamed for something that is out of their control. Worst of all, stigma prevents people from seeking the help they need.

Commissioner Lynn Beshear, ADMH, said “Open discussion and a knowledge of resources on mental illness and substance abuse disorders help us to understand that these are medical issues, they can be treated and people can recover.”

Community partners at the event will offer information on services and opportunities for those in need and their families:

- NAMI Alabama
- Bradford Health Services
- Wings Across Alabama
- Montgomery Mental Health Authority
- Council on Substance Abuse

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*-more-*

- Samaritan Counseling Center
- Mental Health America Montgomery
- CARESS Peer Support Specialists
- Central Alabama Veterans Health Care System: CAVHS Transition Care Management and CAVHS Homeless Veteran Outreach
- Respect Initiative
- Montgomery Metro Treatment Center - New Season

Purchase tickets here for the August 24<sup>th</sup> Strike Out Stigma game:

<https://www.ticketreturn.com/prod2/Buy.asp?EventID=242682&promocode=STRIKE>

Use the promo code **STRIKE**.

For more information, contact ADMH Public Information at 334-242-3417, or email [publicinformation.dmh@mh.alabama.gov](mailto:publicinformation.dmh@mh.alabama.gov).

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