



"Forget Me Not"



National Alliance on Mental Illness

NAMI | New Jersey

Special State Project of the N.J. State Federation of Women's Clubs of GFWC

- *Mental illnesses are disorders of the brain.*
- *An ill person is not to blame; neither are family members.*
- *One in four adults and one in five teens experience mental illness in a given year!*
- *Mental illnesses cause a greater burden on our economy than all cancers combined!*
- *Treatment is available, but difficult for many to access due to high costs and long waiting lists.*
- *Stigma too often prevents people from seeking treatment that can lead to recovery.*

If you know a family dealing with mental illness, please reach out. The National Alliance on Mental Illness can help!

