"Forget Me Not"

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!