



# RAISING AWARENESS OF MENTAL HEALTH ISSUES IN FAMILY, NEIGHBORHOOD, AND FAITH COMMUNITIES

**Wednesday, January 17**

**7:00 PM**

**Sun City Activity Center, 1 Texas Drive**

*(across the street from block long complex of buildings)*

Sponsored by: Spirituality  
Group of Alternate Health  
Club, Sun City and Santa  
Rosa de Lima Catholic  
Church, Andice

Mental Illness is like any other disease and it requires ongoing treatments the same as any disease. With numbers like one in five suffering from mental illness, our neighborhoods, Faith Communities and families, faced with this illness, suffer in isolation and shame. We hope this conversation will get you interested in this issue, expose you to resources available, help you personally deal with family issues and maybe get your faith community interested by taking advantage of the programs offered by NAMI and becoming a mental Health Volunteer. Faith can play an important role in caring for those facing mental illness and for their families. That is why it is so important for faith communities to become active in addressing mental illness. It starts with raising awareness to reduce the stigma associated with mental illness, and continues to the active caring for those individuals and their families in our faith communities experiencing mental health issues.

## SPEAKERS

- National Alliance on Mental Health (NAMI) representative
- Bluebonnet Trails Mental Health Service, Round Rock, representative
- Rick Covington on personal experience and the role of your Faith Community
- Panel to answer questions

## INFORMATION PRESENTED WILL INCLUDE ANSWERS TO BASIC QUESTIONS ABOUT MENTAL HEALTH:

- Who can you call for help?
- What type of support groups are available for teens and young adults?
- What help is available for families who have members living with mental illness?
- What resources for mental health are available locally?
- How can Faith Communities become involved with mental health issues?
- Questions from the audience.