

Mental Illness Awareness Week: CureStigma

October 7-13, 2018

During one week in October each year, the National Alliance on Mental Illness and participants around the country work to improve understanding of mental health and reduce negative perceptions through advocacy during Mental Health Awareness Week. This year's Mental Health Awareness Week takes place between October 7 and 13, and the theme is "CureStigma."

Improving awareness of mental health and facilitating access to care are important because each year, millions of Americans suffer from mental health conditions but hesitate to seek help. Even though many people can be treated, less than half of adults in the United States who need care get the help they need. Barriers to seeking care include embarrassment about having a mental health condition, denial that mental health conditions exist, difficulty recognizing symptoms, and lack of access to healthcare. People with mental health conditions often face rejection, bullying, and discrimination, which contribute to unwillingness to seek help. By actively promoting understanding mental health and facilitating open discussions, Mental Health Awareness Week is one step towards reducing the barriers people with mental health conditions face when thinking about getting the care they need.

Resources for Mental Health Awareness Week:

National Alliance on Mental Illness: <https://www.nami.org/>; <https://www.curestigma.org/>

Mental Health America. Mental health awareness week. Date of access 1 Oct 2018.
Available from: <http://www.mentalhealthamerica.net/MIAW>