



**District Health  
Department #10**  
Healthy People, Healthy Communities



## MENTAL ILLNESS AWARENESS WEEK

*Together We Care. Together We Share.*

October 4, 2023 – District Health Department #10 (DHD#10) is promoting Mental Illness Awareness Week (MIAW). MIAW runs from October 1, 2023 to October 7, 2023 and raises awareness for mental illness, fights stigma and discrimination, and offers support.

This year's theme, according to the National Alliance on Mental Illness (NAMI) "Together We Care. Together We Share" promotes coming together as a community to promote healing and resources. In fact, NAMI points out that 1 in 5 US adults and 1 in 6 US youth, aged 6-17, will experience a mental illness each year; 1 in 20 US adults will experience a serious mental illness every year.

"Mental Illness Awareness Week is a great time to come together as a community to help reduce the stigma of mental illness," said Donna Norkoli, DHD#10 Public Health Regional Systems Specialist. "The Reduce Stigma Against Mental Illness Action Team, which is part of the Behavioral Health Initiative (BHI) and Northwest Community Health Innovation Region (NWCHIR), has been working to reduce stigma regarding mental illness. Since residents may avoid seeking the support they need for fear or negative consequences or judgement, we see stigma as a major barrier to accessing mental health services and can have a powerful effect on an individual's health, employment, and quality of life."

To learn how to be StigmaFree, visit: <https://www.nami.org/Get-Involved/Pledge-to-Be-StigmaFree>.

To see the BHI and NWCHIR's resources, please visit:  
<https://northernmichiganchir.org/northwest-chir/behavioral-health-initiative/>.

For more information about MIAW, visit <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Illness-Awareness-Week>.

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