

NAMI Mental Health Awareness Month

NAMI is the National Alliance on Mental Illness. They're our local go-to for all things related to seeking help and guidance with mental health-related concerns. This is Mental Health Awareness Month and last week Nadia and I had the pleasure of presenting the local chapter a proclamation in honor of their work.

Mental health issues are treatable. They're also common. And yet society attaches a stigma to mental health diseases that isn't true of physical sickness. We've all heard someone say they caught the flu. It's less common for someone to tell you they suffer from depression, or bi-polar disorder. That should not be the case.

Here's just a partial list of people you may have heard of who had mental illnesses; Abe Lincoln, Tipper Gore, Isaac Newton, Robin Williams, Buzz Aldrin, Charles Dickens, Sting, Ernest Hemingway, Mike Wallace, Michelangelo, Naomi Judd – and the list goes on and on. Last time I checked the mental health challenges didn't hold back any of that group. However, it did play a role in some of them taking their own lives. It shouldn't hold any of us back, and it should not go untreated.

If you'd like to get a full picture of the work Nami Southern Arizona does you can see their site at www.namisa.org. You've likely heard of the NAMI walk – their big annual fund raiser. They just held the walk on April 2nd and due to registration drop off as a result of COVID they came up just a little short of their fund-raising goal. If you go to www.namiwalks.org/southernarizona you'll see a link you can use to donate a few bucks. They do wonderful work and can always use the support.

COVID has only made the issue of behavioral health more difficult. We at the Ward 6 office appreciate the work they're doing at NAMI.