STEP BY STEP

September 2017

Suzanne Picetti for Avenues to Wellness

Mental Health: Up Close & Personal…STOP the Stigma!

On Tuesday, September 5, 3 prominent community members, Jed Diamond, Tom Allman and Gary Martin filled the house at WCA, with personal testimonies about their experience related to mental illness. Stories of high risk behavior, alcoholism, bi-polar disorder, suicidal depression, and obsessive compulsive disorder were shared without shame or stigma. It takes courage to share at that level, and when we do we give others permission to share. Tom Allman shared the tragic story of his brother’s suicide and these grim statistics: 30% of those in jail are mentally ill. Mendocino County is the 11th in the state for suicides and, “mental illness is the biggest public health issue our community faces.” They made the point that we all deal with mental health issues to some to degree or another and that its time we open up and talk about it…and in doing so, we give others permission to tell their story. Mental Health issues are life and death issues and they need to be addressed. The following is a list of resources in our area: SCROLL DOWN



