Our workplace believes that mental health is part of overall health. We have partnered with NAMI, the National Alliance on Mental Illness, to promote acceptance and challenge stereotypes related to mental health conditions.

**AS A STIGMAFREE COMPANY, WE AGREE TO TAKE THE FOLLOWING STEPS:**

### 1. LEARN THE FACTS ABOUT MENTAL HEALTH CONDITIONS

1 in 5 Americans is affected by mental illness in a given year.

- **Half** of all mental illnesses begin by age 14, and
- **75%** begin by age 24.

- **8.4 MILLION** Americans care for an adult living with mental illness, and
- **3 out of 4** mental health caregivers report high levels of stress.

- 90% of those who die by suicide have an underlying mental illness.
- Suicide is the **10th leading cause of death** in the United States.
- Mental illness costs the United States **$193 BILLION** in lost earnings each year.

### 2. SEE THE PERSON, NOT THE CONDITION

- **Challenge** misconceptions when we see or hear them.
- **Be open,** **LISTEN** and try to understand when someone shares a story about a mental health condition.
- **Use RESPECTFUL** language to talk about mental health conditions.
- **Avoid referring to people by an illness** and avoid harmful **LABELS** such as challenged, crazy, demented, lunatic or psycho.

### 3. GET INVOLVED WITH MENTAL HEALTH ISSUES

- **Sign NAMI’s #STIGMAFREE PLEDGE.**
  - [www.nami.org/stigmafree](http://www.nami.org/stigmafree)

- **Raise awareness** by joining a **NAMIWALK.**
  - [www.namiwalks.org](http://www.namiwalks.org)

- **Share a story** about a personal experience with mental health challenges. [www.nami.org/notalone](http://www.nami.org/notalone)

- **Advocate** for people with mental health conditions by helping to change public policy. [www.nami.org/advocacyissues](http://www.nami.org/advocacyissues)

- **Spread the word** by participating in mental health awareness events throughout the year or plan your own event. [www.nami.org/get-involved](http://www.nami.org/get-involved)

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**LEARN THE FACTS ABOUT MENTAL HEALTH CONDITIONS**

- **1 in 5** Americans is affected by mental illness in a given year.
  - **More than 50%** of adults and youth with mental health conditions received no mental health treatment in the past year.

- **8.4 MILLION** Americans care for an adult living with mental illness, and
  - **3 out of 4** mental health caregivers report high levels of stress.

- **90%** of those who die by suicide have an underlying mental illness.
  - Suicide is the **10th leading cause of death** in the United States.
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