

Wear GREEN on Wednesday! Mental Illness is diagnosed in 1 of 4 American adults and affects everyone. No one alone in the fight. The National Alliance on Mental Illness (NAMI) is available to help. "Checking in" on a friend/ loved one can make a difference- it can save a life. Common Mental Illness disorders include: Anxiety Disorder, Depression, Bipolar Disorder, Anorexia or Bulimia, Drug or Alcohol Addiction, Obsessive-Compulsive Disorder (OCD) and Post-traumatic Stress Disorder (PTSD). If you need help dealing with a mental illness disorder or are concerned about others, please contact a school counselor to find resources. One of the best ways to be happy & successful is to manage stress well. Resources include:

www.fosteringresilience.com/stress_management_plan.php

&

www.nami.org

(National Alliance on Mental Health NAMI).