The first week of October marked Mental Illness Awareness week. During this time, throughout the country, mental health advocates educate others on mental illnesses and related resources in their communities. As in the past, a student committee from the Graduate Institute of Professional Psychology, in collaboration with the National Alliance on Mental Illness (NAMI), hosted a table to spread awareness and information to the campus community. Many students also participated in our advocacy campaign. Posing with various informational posters displaying mental health facts, students stood for the cause. Each student was encouraged to share information with peers and spread awareness by posting their photos on social media platforms.

One in four adults—approximately 61.5 million Americans—experience mental illness in a given year.

Approximately 20 percent of youth ages 13 to 18 experience severe mental disorders in a given year.
Pledge to stop the stigma of mental illness!

Pledge to learn more about mental illness, symptoms and treatment!

Mental health conditions can be "invisible". You may not know who you are offending with your choice of words.

Find information about diagnoses, symptoms, and treatment at NAMICT.org!

THANK YOU to everyone involved in drawing attention to the importance of mental health education and advocacy here at the University of Hartford! We appreciate the resounding support and enthusiasm we received in our interactions with the student body. Advocacy calls for this type of support from individuals seeking change and improvement! We urge the campus community to continue its enthusiasm for mental health advocacy throughout the rest of the year - promoting improved treatment, adequate resources, and greater understanding for those with mental health conditions!

- The NAMI student committee