



Our goal is to share information and foster a stigma-free environment

where people are free from judgment and can get the help they need.

RAMSEY
PROUD TO BE
STIGMA-FREE
#endthestigma

ARE YOU LOOKING FOR TREATMENT OR SUPPORT?

West Bergen Mental Healthcare, Inc.
201-485-7172 • www.westbergen.org

Care Plus NJ, Inc.
201-986-2000 • www.CarePlusNJ.org

New Bridge Medical Center
800-730-2762 • www.newbridgehealth.org

JOIN US RAIN OR SHINE FOR THE 2ND ANNUAL

RAMSEY, NEW JERSEY



STIGMA-FREE WALK & TALK a THON

supported by The Ramsey Municipal Alliance

Wednesday, May 1, 2019

at the **Ramsey High School Track**

(In case of rain, event will be in the High School gym.)

Registration: 6:30 p.m.

Walk: 7–8 p.m. — Cost: FREE

The first 100 participants will receive a swag bag!

Please dress appropriately in comfortable clothing and walking shoes. Beverages will be provided. All participants are welcome. The track is handicap accessible.

WHO IS AFFECTED? About 1 in 5 adults in the U.S. experiences mental illness in any given year, according to the National Alliance on Mental Illness (NAMI). About 1 in 5 youth experiences a severe mental disorder at some point in life. The umbrella of mental illness covers depression, anxiety, bipolar disorder, ADHD, eating disorders, post-traumatic stress disorder, substance abuse, and many other health conditions that can interfere with daily life.

Studies show that as many as 40% of people struggling with a mental illness forgo treatment, and **perceived stigma is a primary reason**. Other barriers include lack of knowledge about healthcare, an inability to recognize one's own symptoms, and inadequate information about healthcare resources.

In case of an emergency: If you or a loved one is experiencing a mental health crisis, call 911 or 201-262-HELP (4357).

FOLLOW RAMSEY STIGMA FREE



@RNJstigmfree

Take the pledge at www.ramseystigmfree.org