



Middlesex County is launching a County-wide campaign to eliminate the stigma associated with mental illness and addiction!

Dear Middlesex County Colleagues and Friends,

As you are aware, mental illness and addiction touch everyone. We know that people with mental illness and addiction can recover with appropriate supports and services in the community, yet many avoid seeking help due to stigma and the fear of discrimination.

Each of us can play a role in eliminating stigma and supporting those whose lives are affected by these conditions. However, addressing stigma takes a community wide, collaborative approach.

Why A Stigma Campaign?

Middlesex County recognizes the stigma associated with mental illness and addiction, and acknowledges that many people remain unserved in part, because of the stigma of seeking help. We are calling attention to this so we can bring mental illness and addiction **out of the shadows** and encourage treatment and support. We acknowledge that greater public awareness about these conditions can change negative attitudes and behaviors.

We seek to promote a message of hope and the belief that healing and recovery are attainable. We choose to believe in, and celebrate, consumer strength and resilience.

We ask you to join us in this campaign to eliminate stigma in Middlesex County, and to stand with those impacted by mental illness and addiction.

If you would like to sign on, please complete and return the attached pledge form.

Thank you for your support.

Sincerely,

Penny Grande, On Behalf of the Middlesex County Committee on Stigma



Pledge Form

Join the Middlesex County Campaign to End Stigma

We Stand with Those Impacted by Mental Illness & Addiction!

We pledge to increase awareness and greater understanding of mental illness and addiction, and promise to work to eliminate stigma and discrimination within our agency and larger community.

We will strive to promote a message of hope and the belief that healing and recovery are attainable!

Name:

Affiliation (Optional):

Email:

Zip Code (please use your work/school zip code if you're not a resident):

Phone:

Please email or fax completed pledge form to:

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