



**IMCES**

Institute For Multicultural Counseling & Education Services

**Inviting**

**Your support on movement toward**

**Mental Health Reform**

**Stigma & Discrimination Reduction Program**

IMCES is committed to ending STIGMA associated with mental illness.

**AWARENESS OF PROBLEM:**

Every year, one in four Americans is living with mental illness. Many will not seek help because of Fear; Fear of Stigma & Discrimination, Fear of Unknown & Isolation

**STIGMA** surrounding mental illness can be more destructive than mental illness itself.

**ACTION TOWARD SOLUTION**

🎀 Wear the lime-green ribbon, the national color of mental health awareness symbolic of vigorous life and flourishing health representing our efforts to overcome the stereotype, stigma and crimation associated with mental illness.

🎀 Join the movement: [www.EachMindMatters.org](http://www.EachMindMatters.org)

🎀 **Please join IMCES in developing collaborative and coordinated efforts, by:**

▶▶ Participating in our cross cultural study on cultural humility

<https://www.surveymonkey.com/r/79ZLGGB>

▶▶ Involving with our advocacy & community education activities.

🎀 Supportive Organization: Pacific Western Bank



**Together we can make a difference in**



**Changing mind, changing lives, changing communities**

Visit us at : [www.imces.org](http://www.imces.org)