

# Why Care?

Because 1 in 5 people will be affected by mental illness in their lifetime.  
Take the time to show you care about mental health.



## Enjoy the day and learn about mental illness and mental health resources in our community.

Saturday, May 11th, 10 am – 2 pm.

**FREE** event at Veterans Park in Alabaster

Join us in the campaign to support a **StigmaFree** community to promote understanding surrounding mental health. Enjoy a silent art auction, music, kids games, face painting, a bouncy house and food trucks



Money raised from the silent art auction will go to support educational programs and advocacy.

Sponsored by:



**Participants:** Alabama Counseling Link, Angela Hayes Counseling, Bradford Health Services, Brookwood Baptist Shelby Medical Center, DHR-Adult Services, Kimberly Williams Counseling, Owens House, SafeHouse of Shelby County, Shelby County Treatment Center, United Way Success by 6, Warrior Wellness Group, NAMI Family to Family/Connections Support Group, NAMI WALKS, Children's of Alabama (PIRC), Chilton Shelby Mental Health, Hand In Paw, IPS Supportive Employment CSHMC, M4A (Middle Alabama Area Agency on Aging), Recovery Organization of Support Specialist (ROSS), Birmingham VA Mental Health Service, Crisis Center, Music Therapy Milestones, UM Community Counseling Clinic, Magnolia (Eating Disorders), Recovery Resource Center, Hispanic Interest Coalition of Alabama - Mental health resource assistance, Easter Seals - Counseling, Alabama Autism Assistance Program (HANDS) - Behavior Counseling, Alsana - Eating Disorder Recovery, Restoring Hope - Community Counseling, Alabaster Fire Department, Alabaster Police Department, Compact 20/20, Pelham Fire Department, Pelham Police Department, Shelby County Sheriff Office, Helena Police Department, Hoover Police Department, Alabama Suicide Prevention and Resource Coalition (ASPARC), Alabama Foundation for Suicide Prevention (AFSP)