

Erasing the Stigma of Mental Illness Cont'd

Written by Toni Daylor

Individual and group therapy sessions, as well as medication management, are available. Qualified patients

Despite the growing awareness of mental illness, funding for social service organizations, such as MHACF,

“If we are candid, we can all identify someone, either in our families or circle of friends, who [is] dealing with

Though many mental health disorders are a result of brain chemistry or injury, a growing number of cases

Val Demings, one of the first to record a Mental Health Minute, conveyed the importance of seeking help

Batchelor emphasized the importance of a mental health assessment.

“You can pick up the phone and call MHACF,” he said. “They are like the air traffic controller that can help

The behavior of those with mental illness affects everyone around them, especially their loved ones.

“You can’t have healthy, well-adjusted children without functioning adults,” Crawford said. “Often, people

A percentage of those who fail to seek treatment end up either homeless or in jail. Perry recognized long

He spearheaded an initiative that resulted in the creation of the Central Receiving Center, which now serves

“We are fortunate to have the CRC here in Orange County, because we are able to divert a significant number

CRC is operated by Lakeside Hospital and Clinics at Princeton Plaza through a contract with the Orange

Initial contact with individuals exhibiting abnormal behavior plays an important role in how a situation progresses

Jerry Demings, who served on MHACF’s executive board of directors for many years, understands the challenges

“Overall, our communities are much better off if organizations such as MHACF can continue to provide resources

Jerry Demings is open about sharing the challenges he faces with a family member who struggles with mental

“My nephew is a veteran, and when he returned home, he had some emotional and mental health difficulties

Some may view the task of dealing with the complex issue of mental health as an overwhelming challenge

Batchelor referred to the following analogy: A man was walking along the beach and saw many stranded

Mental Health Facts ...

According to the Mental Health Association of Central Florida:

- The third leading cause of death of youths ages 14 to 22 is suicide, preceded only by accidents and motor

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- 17 million adults in the U.S. are affected by a depressive disorder each year.
- 40 million adults are affected by anxiety disorder.
- Nationally, there are about 33,000 suicides each year.
- Suicide is the fourth leading cause of death for adults ages 18 to 65.
- 60 percent of people who commit suicide suffered from major depression.
- There are twice as many suicides as homicides each year.
- Depression doubles the chances of workers going on short-term disability.

For more information [about the Mental Health Association of Central Florida](#) or to purchase tickets
