What do the following people have in common?

Abraham Lincoln, Barbara Streisand, Issac Newton, Beethoven, Terry Bradshaw, J.K. Rowling, Iron Man (Robert Downey Jr.)

*They all have suffered from a mental illness*

Studies show that,

- 1 in 4 Americans will suffer a mental illness in their lifetime *(National Institute of Mental Health)*
- 1 in 10 children suffer from a diagnosable mental illness *(Bring Change 2 Mind.org)*
- 20% of adults, older than 55 suffer from a mental disorder *(Administration On Aging, 2001)*.

Mental illness is not a character flaw or a choice, it is a medical condition. A person with mental illness is no more likely to be violent than another person and they can and often DO lead functional and meaningful lives. This person could be a favorite actor, author, teacher, doctor, athlete; a parent, sibling or child. This person could be YOU.

*Challenge stigma - know the facts*