September 7, 2019  
President Donald Trump

The White House  
1600 Pennsylvania Avenue NW  
Washington, DC 20500

Dear President Trump:

As a member of the National Alliance on Mental Illness (NAMI) and a family member of a loved one living with mental illness, I am writing to you to urge you to act on efforts to build better lives for those affected by mental illness. This is an issue affecting one out of five families across the nation – 43 million Americans..

My family is one of those families. Without warning, our world changed uncontrollably with the onset of mental illness to our loved one. Through no fault of our own, our family has often felt powerless when trying to help our family member with mental illness and there are many Americans just like us.

Here are actions that are important to us:

* End the Stigma – we need a nationwide campaign to end the prejudice and ignorance surrounding mental illness.
  + People living with mental illness are no more at fault for their plight than people living with other biological illnesses such as heart disease, cancer or any other sickness. Unlike these other illnesses, research and support for mental illness are stymied because society believes that somehow people with a mental illness, or their families, are at fault.
  + There is strong sentiment that people with a mental illness are violent criminals who simply belong in jail or otherwise institutionalized. The reality is that a person with a mental illness is 10 times more likely to be a victim of a crime rather than perpetuate one.
* Provide relief – We need more mental health facilities that are affordable, professional and local. We also need more research and development of effective medicines and treatments.
* Find a cure – While there has been progress during the last 60 years, the forms of treatment have primarily addressed symptoms of mental illnesses, not cures.

Can we count on you to help those affected by mental illness? If so, you will receive the support of millions upon millions of voters, including myself, who need your help.

Sincerely,

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Phone (Comments): (202)-456-1111

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