



Faith Connections on Mental Illness

FCMI

For Immediate Release

From: Faith Connections on Mental Illness
Contact: Chris Shore
Email: cshore98@gmail.com
Webpage: FCMI-NC.org

May is Mental Health Awareness Month

CHAPEL HILL, N.C. (May 6, 2019) – For 70 years, May has been recognized as Mental Health Awareness Month. We are reminded that this month represents a time to look at the positive strides taken to destigmatize mental illness and consider ways we can continue to improve our community supports for individuals and families living with mental illness. Education about mental illness is a major part to breaking the stigma. What I have learned about the various disorders and the relationships that I have built constantly change the way I think of mental illness. Ways to make this happen can include taking mental health first aid training or simply starting conversations with family and friends about mental health. Such conversations have the power to change and save lives. Please read below about two specific opportunities in May that instill this power, as well about an individual whose faithful community service in mental health has touched many lives.

NAMIWalks NC will take place on Saturday, May 18 with registration starting at 9:30 am and the walk starting at 10:30 am at Dorthea Dix Park in Raleigh. This is an opportunity to come together as a community to celebrate the strides we are making to support those living with mental illness and overcome stigma. This event raises money to support the National Alliance

Faith Connections on Mental Illness

The mission of Faith Connections on Mental Illness is to work with all local faith communities to advocate for and to support and educate individuals and families who are living with mental illness.



Meeting at St. Thomas More ♦ 940 Carmichael St. ♦ Chapel Hill, NC 27514
Send Mail To: P.O. Box 3502 ♦ Chapel Hill, NC 27515
info@faithconnectionsonmentalillness.org ♦ faithconnectionsonmentalillness.org
On FaceBook ♦ <https://www.facebook.com/faithconnectionsmentalillness>

on Mental Illness (NAMI) to further its mission of advocacy, education, and raising public awareness on mental illness. For registration and information, visit FCMI-NC.org

Earlier that week on Monday, May 13, Faith Connections on Mental Illness (FCMI) will host its monthly Connectors' Meeting at 3:30-5:00 pm at St. Thomas More Catholic Church. Author Renee Hodges will discuss her book, [Saving Bobby](#), a raw, honest, deeply moving memoir about a young man managing his recovery from opioids (the number one killer of American youths ages 18–25) with the support of his aunt and her community in Durham. FCMI promotes mental health initiatives and care by partnering with faith communities across the Triangle to provide education, advocacy, and support. For more information on FCMI please visit FCMI-NC.org.

Each year, FCMI recognizes through the Barbara and Gove Elder Community Servant Award, an organization, team, or individual who has made a positive impact in our community by their exemplary service with and for people living with mental illness. This year's recipient is Donna Olsen of Chapel Hill. Donna has spent over a decade acting on her faith to care for those living with mental illness by working with NAMI as a Family-to-Family educational program leader as well as putting together community discussions and conferences with FCMI. Donna is a member of St. Thomas More Catholic Church, where she started conversations with clergy to create a mental health support program, educational classes, and involving St. Thomas More in NAMI Walks to raise awareness and funds. Recently Donna put together mental health modules covering various topics to raise awareness, which were distributed to over 30 local faith and community partners in the Triangle. Donna has served countless hours with her faith driving her actions to further support those living with mental illness. We at FCMI celebrate and thank her and look forward to seeing more fruits from the selfless work she does.

Faith Connections on Mental Illness

The mission of Faith Connections on Mental Illness is to work with all local faith communities to advocate for and to support and educate individuals and families who are living with mental illness.



Meeting at St. Thomas More ♦ 940 Carmichael St. ♦ Chapel Hill, NC 27514
Send Mail To: P.O. Box 3502 ♦ Chapel Hill, NC 27515
info@faithconnectionsonmentalillness.org ♦ faithconnectionsonmentalillness.org
On FaceBook ♦ <https://www.facebook.com/faithconnectionsmentalillness>