



Durham

119 Nottingham Drive, Chapel Hill, NC 27517

September 30, 2010

Dear Faith Leader,

In a given year, one in four adults – more than 57 million Americans -- experience a mental health disorder. One in 17 adults lives with a serious mental illness such as schizophrenia, major depression or bipolar disorder, and about one in 10 children live with a serious mental or emotional disorder. While the stigma attached to mental illness in our society has decreased somewhat in recent years, many people still try to hide the symptoms of their illness and thus suffer in silence, isolated and alone.

When people with mental health concerns do reach out for help, it is common for them to turn first to their faith leaders. Unfortunately, our system of mental health care is quite complex, and you may discover it is not an easy task to find appropriate resources. **We are writing today to let you know that NAMI Durham offers free support, education, and advocacy programs, as we seek to improve the quality of life of persons affected by mental illness.**

You will find included with this letter some information which we hope will prove helpful. But we would very much like the opportunity to meet with you or other leaders of your congregation, clergy or laity. That meeting can be as brief or as long as you choose. We will provide more detailed information on our programs, and answer any questions you have.

We look forward to hearing from you!

Sincerely,

Nancye Bryan

President

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