



**MEDIA ADVISORY: May is Mental Health Awareness Month  
Let's celebrate and spread awareness with a Flash Mob!**

**What:** You are invited to join our #StandUpToStigma #4Mind4Body 2<sup>nd</sup> Annual Flash Mob.

The purpose of this Flash Mob is to: stand up to stigma, raise awareness in the community, and continue the conversation and promotion of mental wellness. In order to be healthy, we need to not only take care of our body, but also of our mind.

1 in 4 adults live with a mental illness, and recovery is possible with proper treatment. However 75% of Eau Claire County residents that have a mental health condition report that they did not seek treatment of any kind! This is partly because of stigma and the judgement that may be placed on them for needed help.

As a result of the flash mob, we hope to stand up to the stigma and educate the community about the importance of taking care of our mind and our body.

**Who:** Community at large

**When:** Thursday, May 10<sup>th</sup> from 4:00-5:30 p.m.

**Where:** Corner of Brackett Ave and Hastings Way

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