



A Classical Education for the Modern World

May 10, 2020

Since 1949, May is **Mental Health Awareness Month**, as recognized by many renowned organizations such as W.H.O., NIH, CDC, NAMI, APA, WSP & ASCA.

The goal of this "awareness" month has been to fight [social stigmas](#), provide support, educate the public, and advocate for policies that support people with mental illness and their families. It also aims to draw attention to suicide, which can be precipitated by some mental illnesses.

With the help of the [National Alliance on Mental Health \(NAMI\)](#), we are creating our WLPCS version of their "**You are Not Alone**" campaign for May, 2020. It will feature resources, to include articles that support families and their students, the lived experiences of people affected by mental illness, the fight against the stigma, to inspire others and to educate the broader Latin community.

The WLPCS MHC team has come together to help the students, parents and faculty of Latin understand that no *one should ever feel alone*. We want this May campaign to help build and establish relationships; to increase awareness with resources that make connection possible, especially during this period of physical distancing, and most importantly, beyond.

Throughout the month of May, we want feature personal stories from our community, sharing their thoughts and feelings about what they have and are experiencing. You can submit your story by emailing any one of the counselors, and we will get back in touch with you before we were to publish it. By reading about people's lived experience, learning about different ways to cope now and for the future, we aim to make people feel less alone and that we are here for you.

Latin's Mental Health Team