

Mental Illness Awareness Week

October 1st-7th, 2023

This year's Mental Illness Awareness Week will center the theme "Together We Care. Together We Share." It conveys the power of coming together in community, which can be healing as people gather to share their experiences.

National Alliance on Mental Illness (NAMI) shares the following statistics:

- 1 in 5 U.S. adults experience mental illness each year
- 47.2% of U.S. adults with mental illness received treatment in 2021
- 164 million people live in a designated Mental Health Professional Shortage Area

These statistics highlight the essential function of the peer-run mental health recovery centers like The Wellness Shack.

The Wellness Shack depends on our many dedicated volunteers. Consider volunteering in one of the following ways:

- ◇ Join a committee (Fundraising or Program)
- ◇ Greeting people and answering phones
- ◇ Newsletter mailings
- ◇ Marketing
- ◇ Guide a peer to peer meeting
- ◇ Prep for a meeting or activity
- ◇ Peer support
- ◇ Run errands

Volunteer inquiries can be made by calling (715) 855-7705 or emailing wellnessshack@yahoo.com

VOLUNTEER TRAINING

Friday, October 6th
5:00-7:00 PM

Food and refreshments will be provided.
Raffle Prize drawings for participants!

Dual Diagnosis Support Group

is
Moving to
Fridays, 3:30 to 4:30PM



UPLIFT WI
HERE WHEN YOU NEED AN EAR

PEER SUPPORT WARM-LINE
for Wisconsin Residents

Call: (534) 202-5438
The warmline is available to call 12pm-12am CST daily



The Wellness Shack is funded by donations from friends, families and these organizations

