

WHAT CAN YOU DO?

You can acquaint yourself with the truth about mental illness—how it develops, how it can be prevented, how it is treated.

You can convince others that mental disorders are not shameful, that mentally ill persons are just sick persons in need of psychiatric care.

You can join the citizens' mental health group in your state in order to work with other citizens in

an organized effort to promote mental health in your own community.

You can help to bring the best possible care to America's mentally ill by seeing to it that enlightened legislation is passed to protect those whom mental illness strikes.

You can obtain information about mental illness and mental deficiency from the National Association for Mental Health or your local organization.

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ONE OUT OF TEN



One out of every ten children born in this country will, at some time during his life, need treatment for a mental disorder.

One out of twenty will spend part of his life in a mental hospital.

Each year mental illness sends almost a quarter of a million patients to our hospitals. It reaches into one family out of every five, brings untold misery and suffering to hundreds of thousands.

HOW CAN IT BE PREVENTED?

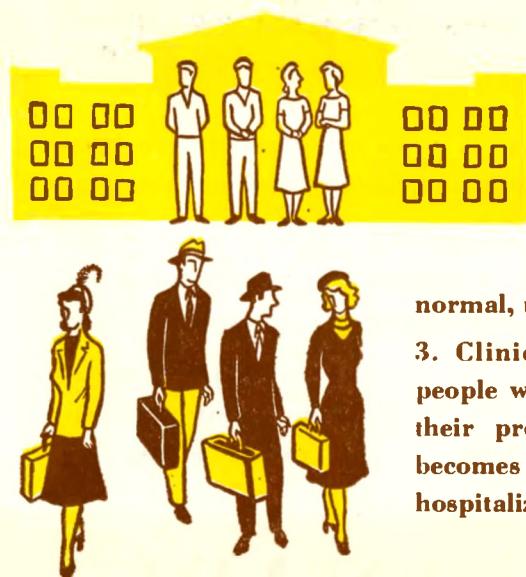
By more research into the causes and treatment of mental and emotional disorder.

By teachers, parents, public health nurses, doctors, clergymen, social workers, and employers recognizing early symptoms of disorders and seeing that they receive immediate attention.

By helping children to feel wanted and loved—by enabling them to feel comfortable about themselves and other people and to meet the demands of life.

By building a world in which people can be free from fear, insecurity and tension.

CAN IT BE CURED?



1. Most of those who are mentally ill are not hopeless cases.
2. With proper treatment and care, about half can recover—lead happy, normal, useful lives.
3. Clinics provide treatment for people who can come to talk over their problems before an illness becomes serious enough to require hospitalization.
4. Psychotherapy helps patients overcome their anxiety and worry. Occupational and recreational therapy get them back to normal living again.
5. Special treatments such as fever therapy, shock therapy and brain surgery are curing disorders which were once called incurable.
6. Kind and humane care can make comfortable those who cannot leave the institution.