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Dear Friends,

I am writing to offer my firm support for the National Alliance on Mental Illness (NAMI) and their 13th annual NAMIWalks "Changing Minds One Step at a Time" walk in support of mental health awareness. With a presence in every state, NAMI is the nation's largest grassroots mental-health organization devoted to improving the lives of people struggling with mental illness and their families.

All too often people affected by mental illness are discouraged from seeking treatment because of the stigmas attached. For more than thirty-five years, NAMI Southern Arizona has worked diligently to eliminate this stigma and offer free and available services to anyone impacted by mental illness. These efforts are critical to eradicating this problem and ensure that people are both able and willing to get the help they need.

In Congress, I remain committed to serving as an advocate for mental health and wellness and I will continue to ensure that our mental health programs are effective, efficient, and accountable to taxpayers. Too frequently, individuals with mental illness, both young and old, including many returning military personnel and their families, fail to receive the prompt and proper help they need.

Therefore, I am incredibly proud to support NAMI and the March for Mental Health and encourage our Tucson community to participate in this event. NAMI shines a light on this issue and helps ensure that those suffering from mental illness have the resources they need.

Sincerely,



Ann Kirkpatrick  
Member of Congress