

December 2018

Dear Friends,

In this season of giving, **I write to ask you to consider making a meaningful financial contribution to NAMI Mercer**, an organization that for over three decades has battled the stigma surrounding mental illness and provided hope to affected families and individuals.

All of us who volunteer our time in support of NAMI Mercer have a personal connection to its critical mission. **My journey as a mental health advocate began nearly five years ago, when a panic attack came close to sending my car over the side of the Ben Franklin bridge.** I recall feeling embarrassed and ashamed at the time, and I avoided sharing my experience with others for fear of judgement.



My wife and others in my family have dedicated their lives to helping individuals with mental illness as clinicians and therapists; **my “wake up call”** on the bridge **led me to take on a leadership role with NAMI Mercer** to help provide an outlet for others to share their experiences with mental illness openly; free from stigma.

One out of every five people you know is affected by mental illness. While you walk through your office, drop your children off to school, attend religious services, or enjoy a sporting event, you are surrounded by individuals who are actively battling mental illness. Unlike physical ailments that you can see, these individuals suffer from invisible pain and often feel isolated and alone in their battle. **NAMI Mercer offers them all a pathway to hope** through family education, social support programs, and community outreach initiatives that raise mental health awareness and reduce stigma throughout New Jersey’s Capital Region.

As you reflect this holiday season on how you can make an impact on individuals and families battling mental illness, I urge you to provide NAMI Mercer with the funds it needs to maintain and expand its programs and services to help those in our community who are most in need. **I’m asking you personally to donate \$50, \$100, or even \$500 today. You can easily contribute by [clicking here](#).**

Thank you in advance for your generosity, and I wish you a happy and healthy holiday season.



Dan Schubert
President, NAMI Mercer Board of Directors