



FOR IMMEDIATE RELEASE

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**MENTAL ILLNESS AWARENESS WEEK EVENTS ANNOUNCED IN
CUMBERLAND AND PERRY COUNTIES**

CARLISLE, PA – In recognition of Mental Illness Awareness Week (MIAW), the Cumberland/Perry Community Support Program, in collaboration with the Cumberland and Perry Counties’ Mental Health Office, the Cumberland County Office of Veterans Affairs, and our local faith community, have partnered to help raise awareness about mental illness and more importantly the hope of recovery from mental illness.

As with any illness, Hope, is a key component to becoming well. Please share your thoughts and tweet to **#HopeStartsWithYou**. We hope you’ll plan to join us for both of these great events that promise to provide education, hope, and the sense of being a valued member of our community.

In December of 2014, the Centers for Disease Control (CDC) updated statistics on the top 10 causes of death in the United States. Noteworthy is that of the ten leading causes of death, three causes of death either stayed the same or increased. Nationally, completed suicides have remained the same. To view this report:

<http://www.cdc.gov/nchs/data/databriefs/db178.pdf>

According to the Military Research consortium, efforts to prevent suicide are beginning to have positive impact, “Suicides among active-duty troops dropped in the first quarter of 2015 compared to the same time in both 2013 and 2014.” Source (Military Suicide Research Consortium. July 2015. <https://msrc.fsu.edu/news/military-suicides-down-last-year>). We desire to continue to alter this course. These are not simply statistics; they are lives, souls, moms and dads, sisters and brothers, neighbors and friends.

On **Sunday, October 4th, 2015**, the third annual Candle Light Vigil will be held at the square in New Bloomfield, Perry County. The evening will kick off with our musical guest “By The Way” band, followed by guest speakers Brendan Bayer, and Craig Williamson who will be sharing their personal stories of hope and recovery. Resources will also be made available for local service providers. Music will begin approximately 5:30 PM, and the speakers will begin approximately 6:00 PM. The Candle Light Vigil will be held immediately following the speakers at dusk.

On **Tuesday, October 6th, 2015**, we are honored to host former United States Marine and author Michael Liguori. Mike is an American author, former United States Marine and veteran of the Iraq War. Liguori has written on a variety of subjects including veterans and mental health.

Copies of Mike’s book, “**The Sandbox: Stories of the Human Spirit and War** will be made available through a generous contribution from of the Veterans of Foreign Wars Post 477. The event will begin at 7 pm. at the **First United Church of Christ, 30 N. Pitt Street, Carlisle, PA**. We hope you’ll join us because **#HopeStartsWithYou**.

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