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**September 26, 2017**

**FOR IMMEDIATE RELEASE**

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### *Candle Light Vigil to Honor Mental Illness Awareness Week*

**Cumberland County, Pa.** – The Cumberland Perry Community Support Program (CPCSP) and the Cumberland Perry Mental Health Department will host a candle light vigil at 6 p.m. Friday, October 6, on the Perry County Courthouse lawn, 2 East Main St., New Bloomfield. The vigil is in honor of Mental Illness Awareness Week, which is October 1-7, 2017. The event will feature individuals sharing their recovery journeys and musical entertainment.

One in five adults experience mental illness challenges each year and 50% of serious mental illness begins by age 14. Although many people today understand that mental illness is a medical condition, individuals and families affected by mental illness are still often subjected to stigma and discrimination.

CPCSP brings together consumers, families, providers, county staff and other stakeholders to work together as equal partners to offer hope and ensure that individuals living with a serious mental illness will enjoy the highest quality of life. CPCSP reminds everyone that “Hope Starts with You,” when it comes to replacing the stigma of mental illness.

“We are calling on everyone in Cumberland and Perry counties to join us in ending the discrimination many battling a mental illness are facing,” said Silvia Herman, director of the Cumberland Perry MH/IDD office. “By working together, we can replace this stigma with hope.”

In addition to attending the vigil, community members can also show their support by taking the #StigmaFree pledge on the National Alliance on Mental Illness website, [www.nami.org/stigmfree](http://www.nami.org/stigmfree).

For more information on the work Cumberland Perry MH/IDD is accomplishing to end the stigma toward mental illness, visit our website at [www.ccpa.net/mhidd](http://www.ccpa.net/mhidd).

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