

## ***An Open Letter to Family and Friends***



You are invited to join the Tucson Desert Rats Depression and Bipolar Support Alliance in a special project for Mental Illness Awareness Week (October 5 –11).

This project came out of a recent support group discussion about what we wish our families and friends understood about mental illness. Many forms of ignorance came to light: Maybe we could just snap out of it. My family doesn't understand how hard I am trying to get well. Of course we could work, because we appear to be able-bodied. Why would it take more than one trip to a psychiatrist to get us the right treatment? It is hard for people to understand that mood disorders may not be predictable.



Is it discouraging to deal with misconceptions like these? This is your chance to write an open letter to someone close to you, explaining how their misunderstanding of mental illness makes you feel and the kind of relationship you would hope for, in a world where we could discuss these things more freely.

We would like to publish your letter in the next Tucson DBSA newsletter (deadline November 16). Letters that won't fit into the newsletter will be published directly on our chapter website, [www.dbsatucson.com](http://www.dbsatucson.com). Please send your letter to [newsletter@dbsatucson.com](mailto:newsletter@dbsatucson.com), give it to a DBSA support group facilitator, or call 531-2388 for more information.

