



# AMERICAN MENTAL<sup>TM</sup> WELLNESS ASSOCIATION

## ≈ **A CALL TO ACTION** ≈

- ▶ **NOT ONE MORE** preventable suicide or self-injury because a child or adult could not get the mental health care they needed when they were in crisis.
- ▶ **NOT ONE MORE** person treating mental health as separate from physical health
- ▶ **NOT ONE MORE** person self medicating their emotional pain with drugs or alcohol because they did not receive proper mental health treatment.
- ▶ **NOT ONE MORE** person imprisoned and punished for being sick, when they should be treated in a hospital.
- ▶ **NOT ONE MORE** family member afraid to call 911 for help, for fear that their loved one experiencing a mental health crisis would be shot or arrested rather than taken to a hospital.
- ▶ **NOT ONE MORE** man, woman, or child turned away from an inpatient or outpatient medical facility for mental health care treatment when they needed help.
- ▶ **NOT ONE MORE** person avoiding mental health care for themselves or a loved one for fear of the stigma a diagnosis of mental illness would bring.

- ▶ **NOT ONE MORE** year when it is easier for someone struggling with a mental illness to get a gun than to get an appointment with a mental health professional.
- ▶ **NOT ONE MORE** child or adult not knowing the early signs and symptoms of a developing mental health problem.
- ▶ **NOT ONE MORE** tax dollar wasted on providing high cost ineffective services to people with mental health problems when these funds should be diverted to validated programs and approaches such as prevention, early intervention and effective treatment and services.
- ▶ **NOT ONE MORE** local, state, or federal law that keeps children, youth, adults, and older adults from receiving prompt optimal medical care for their mental health conditions (which includes substance use misuse).
- ▶ **NOT ONE MORE** child, youth, adult, older adult not receiving early detection and intervention for a mental health problem.
- ▶ **NOT ONE MORE** person not knowing they can go to their family physician or a primary care provider at first sign and symptoms of a mental health problem.
- ▶ **NOT ONE MORE** year without routine screening for early symptoms of mental health problems.
- ▶ **NOT ONE MORE** person having to wait weeks for a psychiatric evaluation.
- ▶ **NOT ONE MORE** year without a Mobile Response and Stabilization Service available 24/7 in every community.
- ▶ **NOT ONE MORE** year without Crisis Now Model Practices implemented in all communities across the United States.
- ▶ **NOT ONE MORE** law enforcement officer, judge or prosecutor lacking basic education and training in how to help someone experiencing a mental health problem or in a mental health crisis.

- ▶ **NOT ONE MORE** student failing in the classroom because a developing mental health problem went unnoticed or ignored.
- ▶ **NOT ONE MORE** employee discriminated against because of a mental health problem or mental health crisis.
- ▶ **NOT ONE MORE** word stigmatizing people with mental health conditions.
- ▶ **NOT ONE MORE** insurance company providing inappropriate and/or inequitable reimbursements for mental health care treatment and services without being held accountable for doing so.
- ▶ **NOT ONE MORE** governmental agency, company, or nonprofit agency using outdated terms like “behavioral health” rather than properly identifying them as “behavioral symptoms” of a medical problem.
- ▶ **NOT ONE MORE** year of inhumane treatment of children, youth, adults, and older adults who live with a mental health condition.

***“A CALL TO ACTION!” is the AMWA’s campaign for a healthier happier America***

*The American Mental Wellness Association is the unifying voice for prevention, early intervention, scientific research and cures of mental health problems which includes substance use disorders for the holistic health of the individual and society.*