

Resident to lead Mental Health Walk, Sept. 25

Long-time Longfellow resident Sue Abderholden is getting ready to lead the state's largest mental health awareness event, NAMIWalks Minnesota, at Minnehaha Park on Saturday, Sept. 25 at 1 p.m.

A resident of the Longfellow neighborhood for over 25 years, Abderholden is executive director of the National Alliance on Mental illness (NAMI) of Minnesota, a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. Abderholden knows how devastating mental illness can be for families. At NAMI She hears the stories everyday about the poor access to services and treatment, the holes in the system, the stigma and misinformation that persists, and the lack of education and awareness about mental illness.

One in five adults and one in ten children will need treatment for mental illness in any given year, and yet many still don't get the help they need. Families are disrupted and left in the dark as to how to find help for their loved ones. Mental illnesses affect persons of any age, race, gender, sexual orientation, religion, or socioeconomic status. No one is immune.

That's why Abderholden will be out leading this year's NAMIWalks on Sept. 25, and she hopes many, many people from the Longfellow community will join her. To captain a team, join a team, walk as an individual, volunteer or donate, please call 651-645-2948 ext. 115, or go to www.namihelps.org and click on the NAMIWalks logo.

www.LongfellowNokomisMessenger.com • Messenger • September 2010 Page 9