



September 4 is National Day of Action.

1 in 4 Americans are affected by mental illness. Suicide is the 10th leading cause of death in the United States. Mental Illness costs America \$193.2 billion in lost earnings each year.

These numbers need to change.

We are calling on Congress to take action on mental health right now. Join with thousands of others on September 4th, to bring national attention to the need for comprehensive mental health legislation. **NAMI members, including people from NAMI affiliates across Michigan, will be visiting Congress that day as part of the NAMI national convention. Reinforce the message.**

## [SIGN THE PETITION](#)

VISIT [Act4MentalHealth](#) for more ideas on how to participate.

Reach out to your member of Congress. Tell them how important mental health is