



**Food, Wine, Music
Speakers, Resources**

\$50 per person

TICKETS www.naminm.org

Inaugural Event

**Sunday, October 1st, 1pm - 5pm
National Hispanic Cultural Center
1701 4th St SW, Albuquerque, NM**

When it comes to behavioral health, the stigma of mental illness shames people. Stigma makes people feel guilty and causes immense pain and suffering. Stigma can leave some isolated and confused. It doesn't have to be that way. We can erase stigma by calling it out for what it is: **IGNORANCE**. Help the National Alliance on Mental Illness (NAMI) New Mexico raise awareness of stigma. Stigma keeps people and families from getting the help they need to recover from mental illness.

Attend the MindMatters event and learn more about the stigma surrounding mental illness.

MindMatters brings together food, wine and music while you listen to guest speakers who have a professional and personal experience with mental illness. Find resources from local agencies that can help support your knowledge of behavioral health. Learn how you can erase stigma with your family, friends and in your workplace.

*Contact NAMI New Mexico for tickets at 505-260-0154 or e-mail naminm@aol.com

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