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## MILITARY SPOUSES OF STRENGTH KICKS OFF MENTAL HEALTH AWARENESS CAMPAIGN

*MILITARY SPOUSES OF STRENGTH NEEDS YOUR SUPPORT IN RAISING MENTAL HEALTH  
AWARENESS*

**Oceanside, Ca, May 1, 2014**– Military Spouses of Strength (MSos) is proud to announce May's Mental Health Awareness Campaign, created to highlight the need of mental health awareness within the military community. It is no secret that after 13 years of war and sacrifice, service members, military spouses, and military children face unusual struggles that they have battled, often silently. Through this initiative people within the military and military supportive community can pledge their support to raise the awareness and the importance of mental health related issues. As recently reported, 22 veterans commit suicide per day- that number is unknown for both the military spouse and the military child; all of which is unacceptable. Military Spouses of Strength is asking that organizations pledge and become a partner- allowing MSoS to share the organizational logo in support of the campaign. Individuals can also pledge; Military Spouses of Strength has also provided suggested actions in which to show support for mental health awareness within the military community.

*"Mental health issues are considered taboo in mainstream America; when you begin to think about the military community and the need to always present oneself as strong it doesn't lead to fostering a sense of seeking help when needed- even if the top understands this need. For Military Spouses of Strength, this campaign was created to reduce the stigma associated with such issues and to raise awareness within the community that mental health care should preventative not reactive." said MSoS Founder, Liz Snell.*

This year Military Spouses of Strength is more determined than ever to continue the fight on raising awareness of mental health issues while crushing the stigma that accompanies diagnosis the of depression, anxiety, and PTSD among others within the military community.

MSoS is asking the community to pledge support by going to: <http://www.milspousesofstrength.org/make-the-pledge-1.html>

If you would like more information about MSOS please visit <http://www.milspousesofstrength.org> and/or this topic, please contact Michelle Cross at (760) 575-4439 or email at [info@milspousesofstrength.org](mailto:info@milspousesofstrength.org).