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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 through a national social media campaign called #CrushtheStigma - One Conversation at a Time!

Jackson, Michigan – Military Spouses of Strength (MSoS) is proud to announce May's Mental Health Awareness Campaign, #CrushtheStigma – One Conversation at a Time. This campaign was created to highlight the need for mental health awareness in the military community. It is no secret that after fourteen years of war and sacrifice, service members, their spouses and children continue to face enormous stressors that they battle, often silently. Reports estimate as many as 22 veterans commit suicide each day; that number is unknown for both military spouses and children and 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 also are encouraged to take the pledge; Military Spouses of Strength has provided suggested actions in which to show support for mental health awareness within the military community.

“As a society, we have a responsibility to help those within our community that suffer such struggles, especially when the cause is on our hands. It is the duty of America to ensure that there is proper programming both federally, publically, and within the non-profit sector to adequately, effectively, and efficiently help military families that may be struggling emotionally. But this cannot be done, unless we have numbers that back such needs.” said MSoS Founder, Liz Snell.

This year Military Spouses of Strength continues our efforts to raise awareness of mental health issues while crushing the stigma that accompanies the diagnosis of depression, anxiety, and PTSD within the military community, one conversation at a time.

You don't have to be a member of the military community to care about those within it, and certainly don't have to be afflicted with mental health issues in order to care about those who are.

MSoS is asking everyone to take the pledge to support our service members and their families by going to: <http://www.milspousesofstrength.org/crush-the-stigma.html>

To learn more about Military Spouses of Strength, please visit <http://www.milspousesofstrength.org/> and/or this topic, please contact Tiffany Bodge at (907) 347-8022 or email at bodge.t@milspousesofstrength.org.