

**ONE IN FIVE
PEOPLE WILL
EXPERIENCE MENTAL
ILLNESS IN THEIR
LIFETIME**

STOP THE STIGMA

B4 Stage4

An initiative to stop the progression of mental illness. Like any other disease, recovery should begin before the onset of chronic symptoms and crisis

In addition to clinical treatment **Art** can be a valuable tool for mental health recovery



Mental health and physical health are
equally important



Recovery is not a self-sufficient process

Mental Health is a Goal for Everyone

Keys for fighting Mental Illness and stigma



- EDUCATION
- PREVENTION
- ADVOCACY
- EMPOWERMENT

Interaction with others coping with mental health issues and engaging in stimulating activity can increase self-esteem and create hope



9Muses Art Center is a program of the Mental Health Association of Southeast Florida. It is a project designed to provide Mental Health Support and Recovery through Fine Arts.

9musesartcenter.org

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