

# You Are Not Alone: Mental Health Awareness



By [Betsy Emerson](#), *Director*

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May is Mental Health Awareness month, as it has been each year since 1949. This year's campaign by the National Alliance on Mental Illness (NAMI), themed "You Are Not Alone," is especially poignant given the long months of isolation, not to mention grief and hardship for many, brought on by the pandemic.

While our society has a very long way to go in terms of valuing mental health on a par with physical well-being, there is a growing recognition of the pervasiveness of mental health disorders. Public figures are speaking openly about their own struggles; and for all of its negative influences, particularly on adolescents, social media has played a significant role in destigmatizing mental health challenges. Further, the rise of telehealth options is increasing access to mental health services. These are positive trends, and they are critical for a well-functioning society.

For those who wish to learn more about mental illnesses, NAMI offers a wealth of resources, including support and education. Notably, [NAMI Basics](#) is an online, on-demand education program for parents, caregivers and other family members who provide care for teens and young adults with mental health symptoms. NAMI also offers opportunities to connect in person through support groups located across the U.S.

Another national organization making tremendous impact on the lives of people with serious mental illness is [Fountain House](#). This nonprofit's mission is to "improve health, increase opportunity, and end social and economic isolation for people living with serious mental illness." Not only does Fountain House provide physical "clubhouse" spaces where clients (called members) work alongside staff in creating therapeutic communities, it also operates the largest Supported Education Program in the country, making it possible for members to obtain the education they desire.

Lastly, as investment advisors, Pathstone would be remiss if we did not highlight that the increasingly open societal dialogue on mental health is spurring entrepreneurial approaches to identifying and treating mental health disorders. Opportunities exist, particularly in the venture capital space, to allocate capital in support of such advancements. If you are interested in learning more about the potential for investing in support of mental health and well-being, [contact us](#).

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