

3rd Annual



TAKING STRIDES

AGAINST MENTAL ILLNESS

Please Walk With Us!
Sunday, May 16, 2010

**The Duck Pond - Saddle River County Park
Ridgewood, New Jersey**



8:00 am Registration Walks begin at 9:30 am

5 Miles • 3 Miles • 1 Mile

- Beautiful Park Setting
- Super Refreshments
- Taking Strides T-Shirt
- Pledge Prizes
- DJ Entertainment
- Rain or Shine

This is Why We Walk!

“After my mother and I crossed the finish line of a breast cancer walk it hit me. Why wasn’t there a walk for mental illness? When I commented on it to her she replied, “What else is new?” We both know from personal experience, myself the consumer and my mother the family member, facing mental illness straight on is extremely difficult for most people. It’s still a stigmatizing, misunderstood, misdiagnosed and frightening illness.

I know what it’s like to struggle with the painful and debilitating symptoms of bipolar disorder. I know what it’s like to be in and out of hospitals countless times, enduring countless ECT (electroconvulsive shock therapy) treatments and barely hanging on while waiting for medication changes and adjustments to take affect. During those awful times, as far as I was concerned, it was all trial and error. I believed I was going to be a mentally institutionalized person for the rest of my life. I really thought I had no potential to live a normal life.

Thanks to dedicated doctors and a loving and supportive family, I am achieving the goal I set out for myself a long time ago. It’s finally a reality. Taking Strides Against Mental Illness is the organization I’ve founded to help support research in mood disorders and schizophrenia.

I am committed to making a difference in the lives of the mentally ill. Until the stigma surrounding the disease is erased and gone for good, there won’t be real understanding and true compassion for those who suffer from its symptoms, stealing their lives and dreams.”

REBECCA EHRLICH

For Information, please call Rebecca or Harryet at 973.831.0577 • info@againstmentalillness.org

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*The World's Leading Charity Dedicated
to Mental Health Research*