



# DESTINATION DIGNITY

## THE MARCH FOR DIGNITY & CHANGE IN MENTAL HEALTH

**Monday, October 10, 2016  
11 AM to 3 PM  
Washington, D.C.**

The moment has come to stand up for the dignity and rights of Americans affected by mental health conditions!

On any given day, more than 60 million Americans—up to 1 in 4—are living with mental health and substance use conditions, including intense psychological distress. Nearly all of these people can recover, but social stigma and a culture of discrimination make it that much harder every day. It is still considered acceptable to fear, ridicule and discriminate against Americans with mental health conditions, also known as mental illnesses. Our nation's negative response to mental illnesses creates barriers to recovery—reflected across the country in poverty, unemployment, homelessness, criminalization, serious medical neglect and the death by suicide of over 40,000 Americans annually.

**We say enough!**

At the Destination Dignity March, people personally affected by mental health and substance challenges step forward, along with supporters and communities from across the country, to demand change for the health of our nation.

**We say enough!**

We call for an America in which every person affected by mental health challenges is valued in their communities and supported with the right kind of help when and where they need it.

We call for a national strategy for social justice and dignity to counter the history of discrimination and stigma.

We call for all Americans who've experienced the impacts of mental illness, including families and providers, to join with us and march for change!



[www.DestinationDignity.org](http://www.DestinationDignity.org)



MHDignityMarch



@d\_nationdignity

**DEMAND DIGNITY. MARCH WITH US.**



# DESTINATION DIGNITY

## THE MARCH FOR DIGNITY & CHANGE IN MENTAL HEALTH

Destination Dignity is a collaborative project for change and public engagement around mental health in America. The Destination Dignity March & Rally brings together people from around the nation and the world, with individuals affected by mental health conditions in the lead, to create energy and solidarity for a more supportive nation. The goals of Destination Dignity are public visibility, engagement, coalition-building and advocacy in support of mental health in an atmosphere of dignity. It will consist of a kick-off rally at the United States Capitol Reflecting Pool and a march through Washington, D.C. to the Washington Monument. Many communities and local and national organizations are contributing to this effort through the Dignity Mental Health Coalition.

**Rally & March: October 10, 2016 from 11 AM to 3 PM at the U.S. Capitol Reflecting Pool**

**11 AM to 1 PM: Entertainment and presentations from national leaders**

**1 PM to 3 PM: March through downtown Washington, D.C. to the Washington Monument**

**Join the digital rally on social media!**

**Use #DestinationDignity to lend your voice to the movement.**

The dignity and rights of individuals affected by mental health conditions are the counterpoint to a legacy of stigma, shame and discrimination that has caused social isolation, chronic under-funding of services, unconscionable levels of disability and unemployment, and indefensible levels of premature death—including by suicide—of people affected by symptoms of mental illness. Public awareness of the issues must be led by people who have experienced these impacts personally, along with their supporters, allies and related professionals. Activating the previously silent millions of Americans affected is the key to creating healthier communities for all.



*The Dignity Mental Health Coalition includes: The Campbell Center; The Center for Dignity, Recovery and Empowerment; Copeland Center for Wellness and Recovery; Mental Health America; New York Association of Psychiatric Rehabilitation Services; Active Minds; The American Association of Suicidology; Association for Behavioral Health and Wellness; The Carson J. Spencer Foundation; D.C. Department of Behavioral Health; The Entertainment Industries Council; Institute for Community Living; The Kennedy Forum; Klein, Padron & Associates; MHA Maryland; The National Association of County Behavioral Health and Developmental Disability Directors; National Association of Social Workers; NAMI of Central Suffolk; The National Council for Behavioral Health; The National Empowerment Center; The National Mental Health Consumers' Self-Help Clearinghouse; National Mental Health & Dignity Day; On Our Own of Maryland; Recovery Innovations; and the Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities.*

*For a full list of partners, visit our website.*



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