**Mental Health Awareness**

Millions of people worldwide quietly battle mental health issues each year. It is estimated that 800,000 people globally commit suicide. Suicide is therefore the 2nd leading cause of death worldwide. In Zambia is estimated that 20% of the population is affected by a Mental illness. This underscores the importance of mental health awareness, It is a fact that most individuals with a mental illness avoid seeking care because of the stigma and shame associated with having a mental illness. Mental health awareness aims to destigmatize this condition by encouraging an open conversations as well as developing and implementing effective methods for treatment.

 Infinity Mental Health Center is committed to creating and raising mental health awareness in the community by starting the conversation around mental health. Mental health matters. No one should suffer in Silence. I am appealing to anyone who cares about mental health to partner with us to make mental health easily accessible to all in the community.

I would like to take this opportunity to thank the IMHC Board of Directors and Staff for your hard work, dedication and passion. I also would like to thank most sincerely all our well-wishers and donors for your encouragement and generosity. It is through your generosity and support that we are able to provide our services and to run our Program effectively.

Thank you to all of you who are present for observing mental health awareness day with us. Remember everyone’s mental health matters. Let’s talk about it!

Lilian Bollers MSW, LCSW

Chief Executive Officer/Founder