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**For the Month of May 2020: Mental Health Awareness Month,**

**the Delaware Restaurant Association is Spreading the Message: You are Not Alone**

Newark, Delaware — This May, for Mental Health Awareness Month, the Delaware Restaurant Association is partnering with NAMI Delaware, the local/state agency affiliated with the National Alliance on Mental Illness (NAMI), in raising awareness and highlighting that no one experiencing a mental health condition should feel alone. More than 40 million people in the U.S. face the day-to-day reality of having a mental health condition. And now more than ever, in this time of anxiety and isolation, it is important for the mental health movement to come together.

This year, NAMI’s You Are Not Alone national campaign focuses on the power of connection for those affected by mental illness. Collectively, we can make a positive impact on the millions of people who are struggling and feeling particularly alone given the current situation of social isolation and physical distancing.

The You Are Not Alone campaign features the lived experiences of people affected by mental illness to reduce stigma, inspire others, and educate the public on available online resources. NAMI is asking the public to share their own lived experience with mental health conditions by submitting their stories at www.NAMI.org/YourStory. The campaign builds connection and increases awareness through digital tools, such as our social media platforms, online support groups and the NAMI COVID-19 Information and Resource Guide. These resources make connection possible despite the current climate.

“We’ve experienced an unprecedented effort to support one another through this time by staying connected remotely,” said Carrie Leishman, President/CEO of the Delaware Restaurant Association. “This Mental Health Month, we endeavor to turn the tragic and life-changing circumstances of COVID-19 into a spotlight on the need for long-term improvements in our mental health care system for our Delaware Restaurant Industry, so no one feels alone and anyone can find the care they need to be well.”

During Mental Health Month, and especially in times of uncertainty, both NAMI Delaware and the Delaware Restaurant Association community are here to help and here for you. Together, we can realize our shared vision of a nation where everyone affected by mental illness can get the support and help to live healthier, fulfilling lives – a nation where no one feels alone in their struggle.

Topics to include: Handling and Managing Stress/Anxiety/Depression, Women & Children, Suicide & Substance Prevention, Remembering Self Care/Mindfulness/Well-Being, and Outlets to Providers & HELP. Each topic will be celebrated on a weekly basis full of resources and tools.

Join the conversation at namidelaware.org | facebook.com/namidelaware/ |instagram.com/namidelaware |twitter.com/namidelaware | delawarerestaurant.org| facebook.com/delawarerestaurantassociation/ |Instagram.com/delawarerestaurants

**#NotAlone**