

# Viewpoints

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## Agency offers a hand

We at the National Alliance on Mental Illness of the Finger Lakes (NAMI-FL) are very saddened by the tragedies at Cornell University in the last month, and we send our deepest condolences to the families, friends and classmates of the students who died so tragically this academic year.

We at NAMI-FL are family members and friends to those courageous individuals struggling with serious, persistent mental illnesses. We understand from personal experience the difficult journey that family members must travel for and with their loved ones. We are here for those who need us, with support, education and advocacy.

Stigma is one of the main reasons that individuals with serious mental illnesses who need but do not get treatment. It is important to remember that major mental illnesses are biological, no-fault illnesses that have warning signs and respond to treatment, and that it is important for individuals to get the treatment and services that they need and deserve.

For help, call 273-2462 or go to our Web site at [www.namifingerlakes.org](http://www.namifingerlakes.org).

**DEB GRANTHAM**  
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