

# Viewpoints

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## Mental illness help available

We at the National Alliance on Mental Illness of the Finger Lakes (NAMI-FL) are very saddened by the recent Butler Family tragedy, and we send our deepest condolences. We are very sad for Ian Butler, who has been living with such a serious mental illness for so many years and for the family's tremendous loss.

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

Stigma is one of the main reasons that individuals who need treatment for serious mental illnesses do not get it. Most people who struggle with major mental illnesses are not violent people ... more likely, actually, to be the victims of a crime. It is important to remember that major mental illnesses are biological, no-fault illnesses that do have warning signs and do respond to medical and psychosocial treatment, and that it is important for individuals to get the treatment and services they need and deserve.

For help, call (607) 273-2462 or go to our Web site at [www.namifingerlakes.org](http://www.namifingerlakes.org).

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ITHACA