

Help available

Thank you for your Dec. 2 cover story by Dan Pine describing how the stigma associated with mental illness prevents so many from getting the help they need.

When people with mental illness have access to mental health care early on, severe mental illness can be prevented and people with mental illness can recover and live healthy productive lives.

Thank you also for pointing out many of the Bay Area's excellent resources for people with mental illness and their families.

In addition to the resources listed, the Mental Health Association of San Francisco (MHA-SF) has been a resource in San Francisco for close to 60 years.

We are the local affiliate of the National Mental Health Association, the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. MHA-SF works to improve mental health for all San Franciscans through education, advocacy, research and service.

We have education materials about mental illness, information about community resources, as well as many ways to get involved with important policy issues impacting mental health.

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