

From: Frank C. Somohano Sr. [REDACTED]
Sent: Thursday, November 07, 2013 8:49 AM
To: SIM, OHA
Subject: Mental Health care and NAMI CT

Hello,

My Name is Frank C. Somohano Sr. and I suffer with a mental illness stemming from the Viet-Nam War. In todays world mental health and illness has gone wild , and with the cost to care for mental illness most people go without care and live the stigma of mental illness. For the past thirty years I have been in recovery, thank God I have the V.A Hospital and The National Alliance on Mental Illness (NAMI). Nami has made such an impact on my life I decided to become a facilitator for the Nami Ct. connections, not only helping others work through the stigma but, at the same time helping myself work on my own illness. It's hard to try and explain to others what goes on if they haven't been their. With Nami connections groups held through out the state and, the country people that suffer with mental illness came get help (FREE of CHARGE). Nami is a non-profit grass routes org. with the goal of helping those with mental illness learn how to cope and fight off the stigma that in most cases goes with mental illness, and for one who knows something about the illness, I write this note hoping the people needing help that can't afford it and have no insurance that will cover the cost of treatment I say, PLEASE- PLEASE contact your local Nami Affiliate and remember help is Free and a Phone call away,

For more information call Nami Ct. (860) 882-2036 ext. 29. (800) 215-3021 or
(203) 915-0698