



West Bergen Mental Healthcare

|Where Health Comes to Mind

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West Bergen Mental Healthcare recently hosted Dennis C. Miller at a "Meet the Author" event as part of our month long celebration in May of Mental Health Awareness. Dennis recently wrote a book about his struggles with abuse and mental illness early in his life, including his own depression, and provided an incredibly human descriptions of it for a group of community members and supporters invited by West Bergen.

What Dennis spoke of is synonymous with what those with mental illness encounter every day...STIGMA. Because mental illness is "something no one talks about", those who desperately need help have difficulty seeking treatment and the cycle continues.

Having Dennis speak helped to break that stigma. If more people stepped up and talked about their struggles and how they sought help and got better, perhaps those who are struggling today would feel safer to reach out and seek help.

"Moppin Floors to CEO" is a culmination of Dennis' challenges with depression and how he overcame obstacles to become the success that he is today. West Bergen is truly grateful to him for supporting us during Mental Health Month and our efforts to raise awareness of mental illness.

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Chief Executive Officer
West Bergen Mental Healthcare