



We are more than our mental illness.



Throughout our community, extraordinary individuals are facing the challenges of serious mental illness with courage and determination. They are not defined by their conditions, rather it is just one piece of who they are. They are moms, dads, business owners, students, and community leaders.

It's Up to Us to make a difference in our community by learning about mental health and offering support and acceptance.

View local stories and more at
Up2Riverside.org/Stand-Up-To-Stigma

