

UNPRECEDENTED TIMES CALL FOR...

# Monumental MOMENTS™

The pandemic has drastically affected almost everyone, whether it's due to loved ones falling ill, financial struggles, or feeling isolated. Feeling worried and uncertain are common during times of global crisis. This new normal has unleashed a flood of emotions, and many of us are looking for ways to cope and connect.



Mental health disorders are among the most burdensome health concerns in the United States.<sup>1</sup>



Approximately **one in five** people in the US experience a mental illness in a given year.<sup>2</sup>

## SHARE YOUR Moments

Now more than ever, it's important that we share our feelings with one another. That's why Neurocrine Biosciences, in partnership with the Me2/Orchestra and the mental health advocacy community, has created **Monumental Moments™**, a community platform to celebrate all the ways people are caring for their mental health during this difficult time.



**WATCH ME2/ORCHESTRA PERFORMANCE:** Me2/Orchestra, the world's only known classical music organization created for individuals with mental illness and the people who support them, has performed an original musical score inspired by the experiences of its members during this challenging time. Watch at [MonumentalMoments.com/Me2Orchestra](https://www.MonumentalMoments.com/Me2Orchestra).

Join us by posting an image, video, or status update to your preferred social media channel. Use the hashtag **#MonumentalMoments** and **tag three friends** to grow the community. **Find comfort in knowing you're not alone – visit [MonumentalMoments.com](https://www.MonumentalMoments.com) to celebrate and show:**



**HOW YOU'RE COPING**



**WHAT YOU'VE LEARNED**



**YOUR TIPS AND ADVICE**



**WHO YOU GO TO FOR SUPPORT**



**HOW YOU'RE STAYING HEALTHY**



Your public post on social media using the hashtag **#MonumentalMoments** will help support people living with mental health conditions, including those also living with an involuntary movement disorder called tardive dyskinesia (TD). On behalf of posts shared, Neurocrine Biosciences will be making donations to mental health organizations as part of its commitment to support people living with mental illness, including:



### WE'RE ALL IN THESE MONUMENTAL TIMES TOGETHER.

At Neurocrine Biosciences, we're committed to supporting people living with mental illness and its related conditions, including the movement disorder tardive dyskinesia (TD). In this moment of uncertainty and public health crisis, our commitment extends to anyone and everyone facing mental-health challenges. If you are interested in learning more about TD, visit [TalkAboutTD.com](https://www.TalkAboutTD.com).

#### REFERENCES:

1. CDC. Mental Health in the Workplace. <https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/mental-health>. Accessed April 21, 2020
2. National Alliance on Mental Illness (NAMI). Mental Health by the Numbers. <https://www.nami.org/learn-more/mental-health-by-the-numbers>. Accessed April 5, 2019.



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