


WATCH & WIN KEYWORD CONTEST


 Quality For The GRAND PRIZE *A Harley Softail* or be a daily winner!

76°

Clear

[Go to Weather page](#)

[Home](#)
[News](#)
[Weather](#)
[Sports](#)
[CBS 8](#)
[ABC Montgomery](#)
[CW Montgomery](#)
[Heartland](#)
[MeTV](#)
[Events](#)

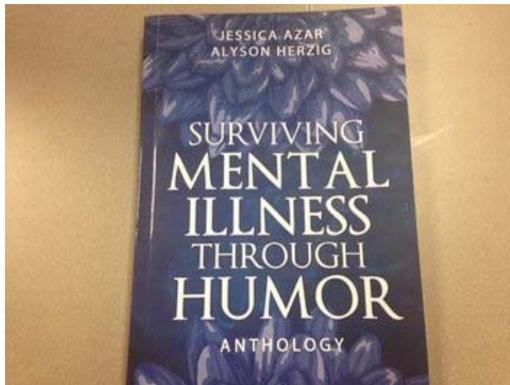
WATCH LIVE LOCAL NEWS NOW [CLICK HERE](#)


The Club Card



ALABAMA NEWS .net

Local Woman Creates Book to Fight Stigma of Mental Illness



TOOLS

[1 COMMENTS](#)
[EMAIL THIS ARTICLE](#)
[Like](#) 0

[Tweet](#)
[DIGG](#)
[PRINT THIS ARTICLE](#)

By Ashley Thompson
 Story Created: May 13, 2015 at 9:06 PM CDT

May is Mental Health Awareness Month, a time when organizations work to bring awareness to those affected by mental illness. But Alabama's mental health services are in jeopardy, as the legislature proposes millions of dollars in cuts to the agency.

There are many people working to eliminate the stigma of mental illness. We spoke with a local woman who created a book to help those impacted by it. She says she hopes she can make a difference.

Jessica Azar has been living with bipolar disorder for years. She says it's the reason she wanted to co-write a book, 'Surviving Mental Illness Through Humor.' It's a collection of short stories about mental illness from different authors.

"It's 41 different accounts of mental illness," she says. "41 individual essays by humor writers that are hilarious but also have a different side to them that not everyone would necessarily know about."

She says the book, which was published last month, aims to help people realize the importance of mental health care.

Search

Search

[Forecast](#)
[Current Temps](#)
[8 Day](#)

FORECAST ALABAMAWEATHER.net

TODAY

88

Mostly Cloudy
 PM Showers & Storms
 Winds: E 5-10 mph

LIVE ALABAMAWEATHER.net
INTERACTIVE RADAR



daily deals
 — up to —
70% OFF

SHOP

 **Mr. Sandman**
 MATTRESS SUPERSTORES

Lease a 2015 IS250
 Just **\$349** monthly*



REINHARDT LEXUS 700 Eastern Blvd, Montgomery, Alabama
334.270.0605

"One way we're normalizing it is by being out there and letting people know that we have mental illness. I'm a writer. I've done a lot of great things, my life is wonderful. I have four kids that I'm raising."

The Department of Mental Health rallied at the capitol Wednesday to protest proposed budget cuts that would put mental health services in jeopardy.

Governor Robert Bentley is against the proposed cuts, saying tens of thousands of Alabamians won't be able to get the care they desperately need.

"If the legislature moves forward with the budget proposal that cuts funding for the agencies, the Department of Mental Health particularly, it will be unable to help those in our communities."

People like Azar, and countless others.

"We want people to be able to relate or we want someone who has a loved one who has mental illness to be able to read this book and go I understand. You are more than your diagnosis."

Jessica Azar's book is available on Amazon.com, where it is getting rave reviews and has five stars. It's 10 dollars this month for the paperback version and just three dollars if you buy it for your kindle.

41 writers contributed to the book and each of them has selected a charity they will donate a portion of the proceeds to. If you or someone you know is fighting mental illness, there is help available. Contact the National Alliance on Mental Illness at 396-4797.

To find 'Surviving Mental Illness Through Humor'

<http://www.amazon.com/Surviving-Mental-Illness-Through-Humor/dp/0986149802>

Next Article

[AHSAA High School Baseball State Championships](#)

[View Oldest Comments First](#)

Kal said today at 8:28 AM

For anyone suffering from depression, I recommend the Destroy Depression system. Written by James Gordon, a former depression & PTSD sufferer, it teaches 7 natural steps which help to eliminate depression from your life.

Add a comment

Name:

Comment: 1000 Characters Left

WHAT'S TRENDING

- Coach Willie Carl Martin Honored at Alexander City Ceremony 📺
- AHSAA High School Baseball State Championships
- General Fund Could Skip Tax Increases
- Local Woman Creates Book to Fight Stigma of



Alabama News Network and its affiliated companies are not responsible for the content of comments posted or for anything arising out of use of the above comments or other interaction among the users. We reserve the right to screen, refuse to post, remove or edit user-generated content at any time and for any or no reason in our absolute and sole discretion without prior notice, although

Find us on Facebook



Alabama News Network

Like

20,118 people like Alabama News Network.



Facebook social plugin

WAKA 8.1 CBS 8 Now

09:30 AM	Jeopardy!
10:00 AM	The Price Is Right
11:00 AM	The Young and the Restless

WAKA 8.1 CBS 8 Tonight

- WAKA 8.2 MeTV Montgomery Now
- WAKA 8.2 MeTV Montgomery Tonight
- WNCN 32.1 ABC Montgomery Now
- WNCN 32.1 ABC Montgomery Tonight
- WBMM 22.1 CW Montgomery Now
- WBMM 22.1 CW Montgomery Tonight
- WBMM 22.2 Heartland Montgomery Now
- WBMM 22.2 Heartland Montgomery Tonight

[View all TV Listings»](#)



Tweets

Follow



WAKA / WNCN TV

1h

@ALNewsNetwork

Watch @ALNewsNetwork for your chance to win a @harleydavidson Softail and a \$50 gas card from @uffcitgo bit.ly/1Uj7z0



WAKA / WNCN TV

3h

@ALNewsNetwork

Budget talks continue today. For up-to-the-minute tweets, be sure to follow @JoshNinkeTV
Expand

Tweet to @ALNewsNetwork

Charter Spectrum
MOST HD
 200+ Channels
FASTEST INTERNET
 60 Mbps
BEST VOICE
 13+ Features
 Starting at
\$29.99/mo
 each for 12 mos when bundled*
[LEARN MORE](#)
 Restrictions apply

we have no duty to do so or to monitor any Public Forum.

Submit



Hot Video From AP

720 CREDIT PARTNERS NEEDED
Let your GOOD CREDIT earn you money!
404-917-7308
<http://hirecreditpartner.webs.com>

ALABAMA NEWS NETWORK: WAKA CBS 8 / WNCN ABC 32 / WBMM CW 22
News/Operations: 3251 Harrison Road, Montgomery AL 36109,
Sales/Business: 4001 Carmichael Road, Ste 100, Montgomery AL 36106,
Phone: (334) 271-8888
Fax: (334) 272-6444
About Alabama News Network
Digital TV

© 2014 - A Bahakel Communications, Ltd. Station All Rights Reserved
Powered by Broadcast Interactive Media.

Contact Us
Legal Notices
EEO Report
Jobs
WAKA FCC File
WNCN FCC File
WBMM FCC File