

# SUPPORT

To donate to the cause:

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I would like to donate:

- \$25       \$50       \$100  
 \$500       \$1,000       \$\_\_\_\_\_

Enclosed please find my check payable to  
"No Kidding Me Too."

Please charge my credit card for the above  
amount.

Visa    MasterCard    American Express

Name on Card: \_\_\_\_\_

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Please cut on the dotted line and mail to:

No Kidding, Me Too!  
210 West Hamilton Avenue  
Suite 229  
State College, PA 16801

# OUR MISSION

No Kidding, Me Too! is a nonprofit organization comprised of entertainment industry members united in an effort to educate Americans about the epidemic related to brain dis-ease in all forms. Through this enlightenment we will teach those suffering from it, and their loved ones who are victims of it, to talk about it openly. The goal is to tear this stigma out of the closet so these people will be surprised to find millions of others like themselves and say, "No Kidding, Me Too!"



[nokiddingmetoo.org](http://nokiddingmetoo.org)

210 West Hamilton Avenue  
Suite 229  
State College, PA 16801  
Email: [Info@NoKiddingMeToo.org](mailto:Info@NoKiddingMeToo.org)  
[www.NKM2.org](http://www.NKM2.org)



# REMOVING THE STIGMA FROM BRAIN DIS-EASE



# OUR STORY

Throughout human history, actors have made their living as entertainers - on stage, the big screen, small screen, even the computer screen. During our journeys, we sometimes encounter roles where the characters exhibit mental issues.

Just a quick thought to the most memorable moments in movies and on television over the last decade will provide you with many depictions of individuals exhibiting mental illness -- "Brain Dis-Ease" -- almost all encountering seemingly insurmountable barriers.



As artists, what we learn as we become more knowledgeable about brain dis-ease – its symptoms, diagnosis and treatment – is these barriers are not insurmountable and by stigmatizing those with brain dis-ease, we are doing a grave injustice to them, ourselves and all of society.



suffer this isolation.

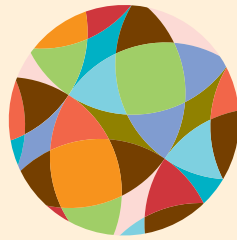
In our roles as communicators, we have found that by infusing humor into a message – by having a "spoonful of sugar help the medicine go down" – that the message

Our goal is to educate the public about the wonderful possibilities that exist when we break down the societal barriers which hold us all back because we treat those afflicted with brain dis-ease differently – we label them and isolate them. What we passionately want to accomplish is to relieve the weight of millions of people who

not only grows faster but is retained longer. That is our hope. To use the humor in the name **No Kidding, Me Too!** to lighten the message, to cause people to remember the name, so when they are ready for the message, they will get it. To pay some recognition to the statistic that one in five adults in this country suffers from a brain dis-ease. To allow people to have a conversation that includes, "...and I'm bipolar." **"No Kidding, Me Too!"**



There is an oft-quoted statistic that for every person who is diagnosed with brain dis-ease, eleven loved ones are affected. The immediate short-term result is that the mentally ill person becomes isolated from the outside world because they are deemed unable to "handle" it. And isolation breeds isolation which creates the stigma and discrimination we need to eliminate. The brain is an organ – just like the heart, liver and kidneys – and we need to encourage everyone to treat it as such from both a medical and social perspective.



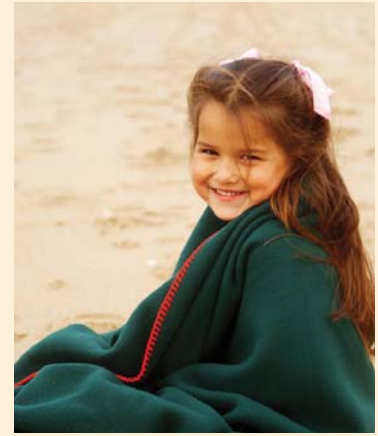
[nokiddingmetoo.org](http://nokiddingmetoo.org)

So we will do what we do best – communicate – in the best way we know how – through humor and direct dialogue – the message that we need to remove the stigma and reap the benefits of a fully integrated society. The message of **No Kidding, Me Too!** is empowerment



– empowering those with brain dis-ease to admit their illness, seek treatment, become even greater contributing members of society and obliterate this stigma.

We know this is a tough fight. We know years of ingrained socialization causes people to recoil or isolate anyone with the scarlet letter of brain dis-ease. Just saying the magic words "mental illness" can cause a deep-seated defensive reaction in many people. However, we also know that by releasing the talents of those with brain dis-ease – by giving them the opportunity to use their outstanding artistic and intellectual skills – we will vastly improve the world. And this is a cause worth supporting. We are ready for the fight and we ask you to please join us in the revolution and help us educate souls all over the world to "Remove the Stigma!"



Joe Pantoliano  
Founder & President



[www.NKM2.org](http://www.NKM2.org)