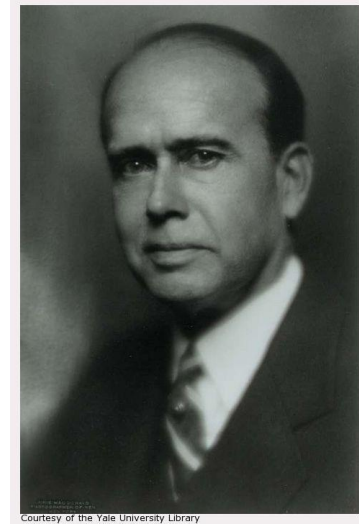


# The Legacy of Our Founder

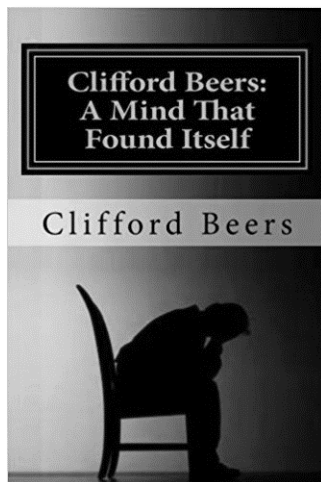
Mental Health Connecticut is the result of the vision of Clifford W. Beers (right). A graduate of Yale University and tax clerk, Beers experienced symptoms of what today may be diagnosed as Bipolar Disorder. After attempting to commit suicide, Beers was subjected to ineffective treatments and cruel conditions in Connecticut's mental health institutions. Upon achieving recovery, Beers vowed to reform the mental health system.

The release of his 1908 autobiography, *A Mind That Found Itself*, helped to launch the mental health reform movement in the United States and on May 6, 1908, Clifford W. Beers founded the *Connecticut Society for Mental Hygiene* from his home in New Haven, Connecticut, known today as Mental Health Connecticut (MHC).



As one of over 15,000 mental health nonprofit organizations in the United States, MHC is carrying on Clifford Beers' vision of raising awareness of the importance of mental health and promoting the highest standards in mental health services.

Through advocacy, community education, and service, MHC empowers people to promote mental wellness, instigate meaningful systems change, and engage in mental health recovery.



**“A narrow escape from death and a seemingly miraculous return to health after an apparently fatal illness are enough to make a man ask himself: for what purpose was my life spared? That question I have asked myself, and this book is, in part, an answer.”**

– Clifford W. Beers, *A Mind That Found Itself*