



Your Gift, Their Future: End the Year with Impact!



As the seasons change and the year draws to a close, we invite you to join us in making an even greater impact across the Columbia area.

This year at MirCi, we provided stable housing and mental health support to hundreds in Columbia, broke ground on a new youth home for young women, consolidated our facilities, and expanded our reach to help even more in need.

Help us keep the momentum going by supporting MirCi before the year ends!

Here's how you can give:

Donate online to support our ongoing work with vulnerable populations.

Sponsor or attend our holiday event at the Columbia Museum of Art on 12/12.

Help us furnish our new youth home so the young women we serve feel at home.

For more details, contact us at mail@mirci.org.

Donate



Turning houses into homes.

A heartfelt thank you to our incredible volunteers from Dominion Energy for enhancing one of our residential properties with beautifully arranged flower pots!

Email mail@mirci.org for more information on volunteer opportunities.

October Observances: World Mental Health Day & Mental Illness Awareness Week



October marks both World Mental Health Day and Mental Illness Awareness Week, a time to raise awareness and challenge misconceptions surrounding mental health. As part of Mirci's mission to provide wraparound care for individuals facing mental illness, we're sharing some common myths about mental illness—and facts to dispel them.

Myth or Fact?

Myth: Mental illness is rare.

Fact: 1 in 4 U.S. adults (26%) have a diagnosed mental illness.

Myth: People with mental illness are violent.

Fact: Only 3%–5% of violent acts are linked to individuals with serious mental illness, who are actually over 10 times more likely to be victims of violent crime than the general population.

Myth: People with mental health needs cannot hold down a job.

Fact: People with mental health conditions can be just as productive as other employees, especially when they are able to manage their mental health condition well.

Myth: People living with mental illness are weak and can “snap out of it” if they work hard.

Fact: Mental illness has nothing to do with being lazy or weak. Many factors contribute to mental illness such as a person's biology (e.g. genetics, brain chemistry) or life experiences like trauma and abuse.

Myth: There is no hope for people living with mental illness.

Fact: Research shows that many individuals with mental illness can thrive and lead fulfilling lives. While options like therapy, medication, and community support can be helpful, they aren't mandatory for everyone. There are various paths to recovery!

Stay Connected



[Donate one of our most needed items.](#)

For questions about volunteering, hosting a supply drive, or coordinating a fundraiser, please email: mail@mirci.org

Recently awarded the Candid Platinum Seal of Transparency, gifts to Mirci can be made with trust and confidence [here](#).

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