

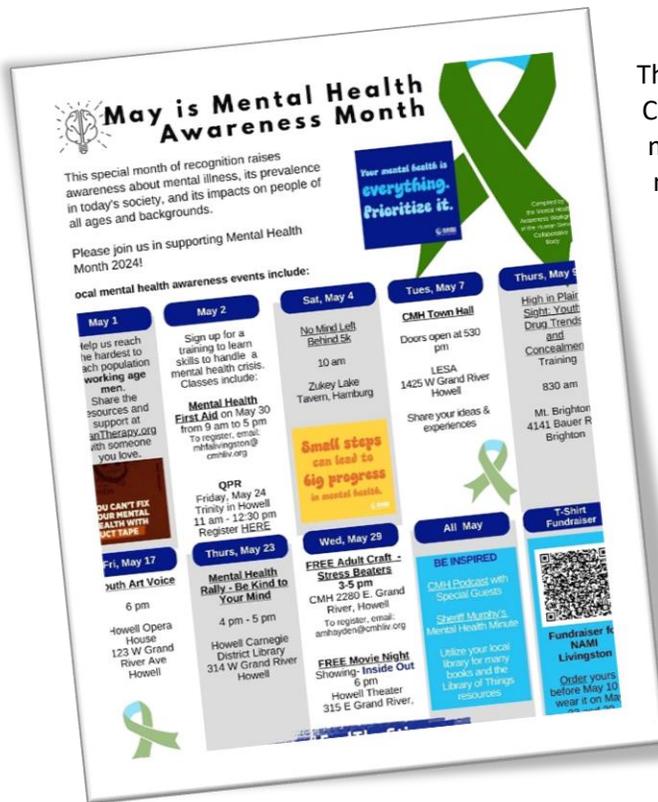
Contact:

Amy Johnston
Community Collaborative Planner
810.772.4827 | ajohnston@cmhliv.org

May 8, 2024

May is Mental Health Awareness Month

A Focus on Training, Stigma, and Fun!



The Mental Health Awareness Workgroup of the Human Service Collaborative Body is a partnership of local agencies and community members that work to increase understanding and awareness of mental health and mental wellness in order to develop a suicide prevention plan for Livingston County. We work together to expand the understanding, awareness, and compassion for individuals with mental health needs within our community and to help educate the community on important and timely topics like Mental Health Awareness Month!

According to the [National Alliance on Mental Illness \(NAMI\)](https://www.nami.org/) (2023):

- 1 in 5 U.S. adults experience mental illness each year, and only half of them receive treatment.
- 1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.

What can you do about this? Learn a little more each year. Recognize that mental illness affects us all. You are not alone and there is help. If you or someone you love are experiencing a mental health crisis: Call, chat, or text 988 to speak with a

trained crisis counselor 24 hours a day, 7 days a week. The calendar also has training opportunities – sign up today!

Mental Health Awareness Month Events

- Friday, May 17 from 6 – 8 pm – [Youth Art Voice](#)
- Friday, May 23 from 4 – 5 pm – [Mental Health Rally / Be Kind to Your Mind](#)
- Friday, May 29 at 6 pm – [Free Movie Event at the Historic Howell Theater](#) – Inside Out
- [CMH Podcasts](#) with special guests
- Sheriff Murphy's [Mental Health Minute](#) every Monday on Facebook
- [T-shirt fundraiser](#) all month long to benefit NAMI Livingston
- Check out the calendar here: <https://milivcounty.gov/wp-content/uploads/2024-Mental-Health-Awareness-Month-Calendar.pdf>

To obtain more information, go to our Mental Health Awareness Workgroup Facebook page: <https://www.facebook.com/Livingstonsuicideprevention/> or contact Amy Johnston at 810.772.4827 or ajohnston@cmhliv.org. ###