

Blair County's *Light the Way for Mental Health*



May is Mental Health Awareness Month

Blair County's *Light the Way for Mental Health* campaign will shed light on mental health with one simple gesture: asking each of us to place one green light in a visible location in our home, place of business, school, or church to GREEN and keep it on for the whole month. The hope is that this light raise awareness about mental health and spark conversations and fight the stigma surrounding mental health

If you are a business, school, or church, send a picture of your green light to lwagner@blairhealthchoices.org and we will give you a "shout out" at the Curve Game on May 21st @ 4:00.

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

- While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.
- The COVID-19 pandemic has had profound impacts on the mental health of people of all ages, and now more than ever it is critical to reduce the stigma around mental health struggles that commonly prevents individuals from seeking help.
- There are practical tools that everyone can use to improve their mental health and increase resiliency, regardless of the situations they are dealing with.



Seeking professional help when self-help efforts to improve your mental health aren't working is a sign of strength, not weakness.