



Promoting Mental Health Awareness

Cumberland Perry Community Support Program

Promoting Mental Health Recovery

501 S. Hanover St
Second Floor
Carlisle, PA 17013

(717)254-6060
cspcp@cspcp.org
<http://www.cspcp.org>

MEDIA CONTACT: Joseph Alex Martin, Chair

FOR IMMEDIATE RELEASE

MENTAL HEALTH AWARENESS MONTH EVENTS ANNOUNCED IN CUMBERLAND AND PERRY COUNTIES

CARLISLE, PA – Since 1949, the month of May has nationally been recognized as Mental Health Awareness Month. The Cumberland/Perry Community Support Program today announced the events which they are planning for this year's celebration of Mental Health Awareness Month in Cumberland and Perry Counties.

18.1% of adults in America are affected by a mental health challenge. 4.1% of adults in America are affected by a serious mental health challenge. (National Institute on Mental Health) Virtually everyone knows someone who is personally affected by a mental health challenge. Despite these facts, stigmatizing public opinions about those living with mental health challenges is still a major barrier for persons living with mental health challenges to seek the resources that will assist them in their recovery.

Mental Health Awareness Month will begin with the **Mental Health Awareness Walk** on **Friday, April 29th, 2016**, which will begin at **10:00 am at Letort Park in Carlisle, PA**, with lunch to follow back at the park following a rally at the Old Cumberland County Courthouse at the square in Carlisle. The theme of the Mental Health Awareness Walk is **"Who We Are: The Beauty of Recovery"**.

In order to improve and support understanding about mental illness in the workplace, the Cumberland/Perry Mental Health Program is again offering this **Business Webinar** on **May 17th, 2016 at 11:30 AM** to businesses, agencies, and Human Resources (HR) programs in Cumberland and Perry counties. This year's topic is **Addressing Depression in the Workplace** with the focus on Employers. While free, Registration is required at: <https://www.surveymonkey.com/r/WORKISEVERYONESBUSINESSRIGHTDIRECTION>

On **Monday, May 23rd, 2016**, Cumberland/Perry Community Support Program & Dauphin County Community Support Program will be holding a **Recovery Conference** at the **Radisson Penn Harris Hotel and Convention Center**. The theme for this year's conference is **"Empowering My Life: What I Need To Know About..."**.

Cumberland & Perry County residents interested in participating in any of these events may contact the Cumberland/Perry Community Support Program office at (717)254-6060, for more information.

The Mental Health Awareness Month events allows our community to illustrate that recovery is possible, and supporting recovery-oriented services and support systems benefits everyone within our local communities, making our communities richer and more fuller.

###

The Cumberland/Perry Community Support Program (CSP) Advisory Committee is comprised of individuals living with mental illness, family members, providers, professionals, and community members who work together as committed equal partners and apply CSP principles to offer hope and assure that every person with a serious mental illness will enjoy the highest possible quality of life. The Committee advises the Cumberland/Perry Mental Health and Intellectual and Developmental Disabilities (MH/IDD) office on how to improve the quality of services and supports, and the Committee facilitates cooperation between providers, community organizations and stakeholders.