



Promoting Mental Health Awareness

Cumberland Perry Community Support Program

Promoting Mental Health Recovery

Cumberland/Perry Community Support Program
134 N. Hanover St
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. The Mental Health Awareness Month events allow our community to illustrate that recovery is possible. Supporting recovery-oriented services and support systems benefits everyone within our local communities and makes them richer and fuller.

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 **Monday, May 1st, 2017**, beginning at **10:00 am at Letort Park in Carlisle, PA**, with a rally to follow, at the Old Cumberland County Courthouse at the square in Carlisle. Lunch to follow back at the park. The theme of the Mental Health Awareness Walk is **“Let’s Walk Through This Together”**. R.S.V.P. is requested before April 7th, 2017.

On **Monday, May 15th, 2017**, Cumberland/Perry Community Support Program & Dauphin County Community Support Program will be holding a **Recovery Conference** at the **Red Lion Hotel Harrisburg Hershey**. The theme for this year’s conference is **“Understand Us: We Are More Than Our Challenges”**.

On **Friday, May 19th, 2017**, Cumberland/Perry Community Support Program will be holding a **Wellness Fair**, which will begin at **10:00 AM** and will end at **2:00 PM** to be held at the **Stuart Community Center Carlisle, PA**.

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.

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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.