

# News Release

FOR IMMEDIATE RELEASE



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## Summit County Celebrates Mental Health Awareness Month

**SUMMIT COUNTY, OHIO**—Summit County Executive Ilene Shapiro and County Council designated May as Mental Health Awareness Month, affirming the role of awareness in supporting residents with a mental health condition and encouraging residents to partake in mental health events to help reduce the stigma.

Mental Health Awareness Month, also known as Mental Health Month, was started in 1949 by Mental Health America as a vehicle for awareness and advocacy around mental health. Mental Health America releases annual toolkits during Mental Health Month and this year's toolkit is "[Back to Basics](#)" and provides foundational knowledge about mental health.

In the wake of the COVID-19 pandemic, Summit County and many other communities around the nation have focused on improving mental health and wellness. While it is a hot topic now, mental health struggles remain a difficult subject for individuals and their loved ones to navigate. Depression, anxiety, and other mental health conditions are often stigmatized; informing someone of a condition, its symptoms, and its treatment can be difficult and sometimes result in misunderstanding. By raising awareness and promoting acceptance, Summit County residents can cultivate a community where mental, emotional, and physical health are inseparable components of wellbeing.

County Executive Shapiro encourages residents to get involved through agencies like the Alcohol, Drug Addiction, and Mental Health Services (ADM) Board and organizations like NAMI Summit County. The ADM Board plans, funds, and monitors treatment, prevention, and support services, and offers great information for residents. NAMI Summit County also provides opportunities for engagement and education around mental health and is hosting their [Annual May Luncheon](#) on May 3rd.

County Executive Shapiro added, "Let us all join the conversation around mental wellness and health, celebrating the work of countless individuals and institutions while continuing to support residents in need."

If you or a loved one is experiencing an emergency, please call 9-1-1 or 1-800-273-8255, the [National Suicide Prevention Lifeline](#).

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