



## May is Mental Health Awareness Month

May is Mental Health Month. During May, Sinnissippi Centers is committed to raising awareness about mental health and encouraging individuals to take care of their emotional wellbeing. Our theme, “You Matter, Mental Health Matters” focuses on valuing individuals and their mental health and increasing awareness about mental wellness.

“Everyone has a level of mental wellness,” says **Sinnissippi Centers’ President/CEO Patrick Phelan**. “We need to think of it just the same as our physical fitness,” adds Phelan. “Just like we eat right and exercise and do other things to keep in shape, we need to pay attention to our mental wellness. Just like our physical health, sometimes we have a disease that needs treatment. Mental illnesses are illnesses of the brain: Depression, anxiety disorders, Bipolar Disorder, PTSD, and other mental illnesses, have physiological causes and can be treated with medications and therapy,” adds Phelan.

**“One in four persons has a diagnosable, mental health condition,”** says Phelan. “The first step, like with any illness, is to have a qualified professional assess the illness and recommend a treatment plan. That is where Sinnissippi Centers comes in.”

Mental Health Month has been observed since 1949, and it provides an opportunity to promote the importance of mental health and to reduce the stigma associated with mental illness. The past year has been especially challenging for many people, with the COVID-19 pandemic, economic uncertainty, and social and political unrest. As a result, mental health concerns have increased, and more people are seeking help.

“Sinnissippi Centers is here to support individuals who are struggling with their mental health,” says Phelan. “We offer a range of behavioral health services, including crisis stabilization, individual and family counseling, medication management, and support services. Our compassionate and experienced team of professionals works with each person to develop an individualized treatment plan that meets their unique needs.”

“During Mental Health Month, we encourage individuals to prioritize their mental health by practicing self-care, seeking support when needed, and using tools available to anyone to build resilience,” adds Phelan. Some of those tools include:

- Taking care of your body by eating a balanced diet, exercising regularly, getting enough sleep, and avoiding substances that can harm your mental health.
- Connecting with others by building supportive relationships, reaching out to friends and family, and joining support groups or other communities.
- Finding purpose and meaning by setting goals, pursuing hobbies and interests, and engaging in activities that bring you joy and satisfaction.
- Being present and mindful by practicing mindfulness, meditation, and relaxation techniques that help you manage stress and improve your overall wellbeing.

Sinnissippi Centers is committed to promoting mental health and providing high-quality behavioral health services to our community. We encourage everyone to prioritize their mental health and to seek help when needed. If you or someone you know is struggling with a mental health issue, please contact us to schedule an appointment or learn more about our services at 800-242-7642.