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**MEDIA ADVISORY**

**FOR IMMEDIATE RELEASE**

**May 18, 2021**

**May is Mental Health Awareness Month**

**MENTAL HEALTH ASSOCIATION OF ROCKLAND TO PROVIDE FREE MENTAL HEALTH & WELLNESS WEBINARS FOR THE COMMUNITY**

The Mental Health Association of Rockland (MHA of Rockland) is a resource for those who struggle with mental health challenges. One in five people will experience a mental health issue at some point in their life and many don’t seek treatment due to the stigma associated with mental illness. MHA of Rockland encourages people to seek help for themselves or others.

“We are seeing increased rates of depression, anxiety, substance use and post-traumatic stress disorders (PTSD) linked to the COVID-19 crisis. Professionals still don’t know the full magnitude of the psychological effects of this unprecedented pandemic,” said Stephanie Madison, President & CEO of MHA of Rockland. “Everyone has been affected in some way over the past year by this global crisis. As the pandemic subsides, the psychological effects will emerge and we can expect them to continue for months and years to come.”

MHA of Rockland has been serving the Rockland community for almost 70 years. “We want to respond to emerging needs by expanding our mental health and family support services for children, adults and families,” said Madison. “We’ll be offering the community free mental health and wellness webinars throughout May, which is Mental Health Awareness Month.” Some of the offerings include:

FREE MENTAL HEALTH AND WELLBEING WEBINARS

* Friday, May 21st at 11:00 am - **How Can I Help?**: Equipping family members and caregivers to support those with mental health challenges. Join a panel of MHA staff who will share information, resources and strategies to help you support loved ones facing mental health, behavioral health or substance use challenges.

Register at: <https://zoom.us/j/96575870689>

* Wednesday, May 26th at 10:00 am- **Calming the Chaos**: Managing anxiety and uncertainty in a world shaped by Covid-19. This webinar, led by two licensed clinicians, will guide participants through a series of strategies and techniques to address feelings of anxiety, fear and loss of control in children, adolescents and adults.

Register at: <https://zoom.us/j/95268474464>

MHA of Rockland encourages people to seek help for themselves or others. The agency offers an array of supportive programs for mental health issues for children, adults and families. In light of the Covid-19 pandemic, new support groups are being offered free of charge to the community and can be found at [www.mharockland.org](http://www.mharockland.org).

Facts About Mental Illness in the United States

* Mental Illnesses are among the most common health conditions in the US.
* 1 in 5 Americans will experience a mental illness in a given year.

**About Mental Health Association of Rockland**

The Mental Health Association of Rockland is the premier provider of behavioral health services in the community, engaging more than 5,000 individuals annually. MHA of Rockland consistently strives to improve the quality of life for those affected by mental health issues. They offer a vast array of therapeutic and residential services. For more information, please call 845-267-2172 x296 or visit [www.mharockland.org.](http://www.mharockland.org.)