

FOR IMMEDIATE RELEASE

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Mental Health Awareness Month

May is Mental Health Awareness Month—a time to shine a light on the importance of mental well-being and remind our communities that no one has to struggle alone. As Wildcat Extension District's Community Health Worker, I provide free, one-on-one support to individuals working toward physical and mental health goals and can help connect people to local resources such as counseling, food assistance, or housing support. Whether you're managing stress, navigating a chronic condition, or just need someone to talk to, CHWs are ready to walk alongside you.

In addition to personal support, we offer free public training in QPR (Question, Persuade, Refer)—a nationally recognized suicide prevention program. This training equips participants with the tools to recognize warning signs of suicide and respond effectively. Our next QPR class will be held on May 22nd at Parsons Presbyterian Church. These trainings are open to anyone and can help save lives by empowering community members to take action and support those in crisis.

Mental health is health, and caring for it is just as important as tending to our physical needs. If you or someone you know could benefit from support or wants to attend a QPR training, please contact the Wildcat Extension District. Together, we can build stronger, more connected communities where everyone has the opportunity to thrive.

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