

FOR IMMEDIATE RELEASE**CONTACT:****Danielle Fletcher****Communications & Outreach Coordinator****410-884-8691****dfletcher@namimd.org****August 1, 2023****NAMI Maryland Partners with Uneo Health to Address Mental Health Needs of Youth and Young Adults**

COLUMBIA, Md., August 1, 2023 – The National Alliance on Mental Illness (NAMI) of Maryland is pleased to announce that as part of its ongoing efforts to expand behavioral health support for Marylanders it has entered into a partnership with Uneo Health, an innovator in driving community wellness engagement especially in underserved communities. Integral to this partnership is the ability for NAMI Maryland to promote its family and individual behavioral health services through Uneo Health's Prosper wellness platform, an app that provides self-care and community connections.

The Prosper app will enable NAMI Maryland to both promote their services and programs supporting mental health, addictions, and behavioral health challenges as well as expand access to self-care tools and resources available within the Prosper app to further improve health outcomes within their community.

Members of the NAMI Maryland community, with a deliberate focus on those that are in younger populations, can use Prosper to track their mood and emotions, find in-app education and tools for support, and receive personalized wellness recommendations from the proprietary algorithms within the app including specific programs offered by NAMI Maryland.

"Uneo Health is excited to partner with NAMI Maryland to advance their digital engagement strategy, especially with younger generations," said Eric Sullivan, CEO of Uneo Health. "Partnering to advance both the awareness of and access to behavioral health services leveraging the Prosper app offers a great opportunity to improve health equity and access for its Marylanders."

"We are thrilled to partner with Uneo Health on the Prosper app to address the mental health needs of youth and young adults," said Kate Farinholt, Executive Director of NAMI Maryland. "Even with mental health being a large part of the global conversation, a new report from the Bowman Family Foundation revealed that nearly 70% of adolescents were unable to access mental health services last year. We are in a youth mental health crisis across the country, and NAMI Maryland is grateful to work with partners like Uneo Health who work to meet the needs of adolescents and young adults in Maryland."

The Prosper app is free to use for all participants. You can learn more about Prosper and download it for free from Apple or Google, go to www.prosperselfcare.com.

About the National Alliance on Mental Illness (NAMI) of Maryland

[NAMI Maryland](http://www.namimd.org) is the NAMI state organization in Maryland. The mission of NAMI Maryland is to

improve the quality of life for individuals and their families coping with mental illness. We are dedicated to providing free education, support and advocacy for individuals with mental illnesses, their families, and the wider community. Like us on [Facebook](#) and follow us on [Twitter](#) and [Instagram](#).

About Uneo Health

Uneo Health (www.uneohealth.com) was launched in 2022 to provide a more effective and efficient platform for community healthcare providers to engage younger consumers on important mental, psychosocial, and physical health issues including anxiety, eating disorders, and self-esteem. Released in early 2023, the Prosper app available on both Apple and Google app stores (www.prosperselfcare.com) offers a simplified, personalized free platform for consumers to manage their own self-care and wellness with the ability to get support and messaging from their healthcare provider. Prosper includes daily mood tracking, journaling, and habit-setting as well as access to hundreds of educational videos, activities, resources, and a peer community to help them thrive.

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