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OCHN provides ways to observe Mental Health Awareness Month

OAKLAND COUNTY, MI (May 1, 2023) – Oakland Community Health Network (OCHN) is joining nation-wide efforts in observing May as Mental Health Awareness Month. As Oakland County's public mental health system, OCHN and its service providers work with individuals who have intellectual or developmental disabilities, mental health challenges, and/or substance use disorder.

Mental health is an important part of our overall health. The stigma around mental health and treatment has long existed, but that is starting to change. Sometimes people hesitate to seek help or even talk about it with their loved ones for fear of being judged. It's important to seek treatment for both our mental and physical well-being.

How to observe Mental Health Awareness Month:

Take care of yourself: Life has many ups and downs, some easier than others. When your mental health may have you feeling unwell, seek the right treatment and find your path to wellness.

Take care of your loved ones: Check up on your friends and family. Support and encourage them if they are being treated for any mental health concerns.

Talk about mental health: One of the best ways to celebrate Mental Health Awareness Month is by talking about it. The more we talk about mental health, the more normalized it will become. This is one of the intentions of awareness as the stigma attached to mental health has led to countless delays in people seeking treatment, loss of relationships with self and others, loss of lives, increased substance use, and many more factors that affect people every day.

If you or someone you know is struggling with mental health challenges, please contact OCHN's Access department at 248-464-6363. If you are in crisis, please contact the Suicide & Crisis Lifeline at 988. For more information about mental health resources, visit www.oaklandchn.org.

About OCHN

OCHN is contracted by the Michigan Department of Health and Human Services to lead a provider service network that assists approximately 27,000 Oakland County citizens at more than 300 service sites across the county. People who receive public behavioral health services through OCHN's provider network include those who have an intellectual or developmental disability, mental health concerns, or substance use disorder. Most of these individuals have Medicaid insurance coverage.

OCHN's goal is to ensure these individuals are aware of and have access to services and supports that will improve their health and quality of life, as well as ensure their engagement in full community participation. Its mission to "inspire hope, empower people, and strengthen communities" reflects an unyielding belief in a "Valuable System for Valued People." Programs and supports provided by OCHN's service network are available at www.oaklandchn.org.

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