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## OCHN Recognizes Mental Health Awareness Month

**OAKLAND COUNTY, MI (May 1, 2024)** – The month of May holds great significance as Mental Health Awareness Month is recognized nationally. OCHN promotes May as Mental Health Awareness month in addition to spotlighting Maternal Mental Health Awareness Week.

Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. As Oakland County's public behavioral health system, OCHN and its service providers work with individuals who have intellectual or developmental disabilities, mental health concerns, and/or substance use disorders.

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. To learn more about Mental Health Awareness Month, click [here](#).

Additionally, Maternal Mental Health Awareness Week is a week-long campaign (April 29, 2024 – May 5, 2024) dedicated to talking about mental health concerns before, during, and after pregnancy. To learn more about Maternal Mental Health Awareness Week, click [here](#).

There are many factors that can impact women's mental health throughout their lives and OCHN is here to support along the way. On June 6<sup>th</sup>, 2024, OCHN will host its 2<sup>nd</sup> Annual Community Baby Shower at Welcome Missionary Baptist Church in Pontiac. To learn more about the Community Baby Shower, visit [www.oaklandchn.org](http://www.oaklandchn.org).

If you or someone you know needs immediate assistance, call or text the Suicide & Crisis Lifeline at 988. Non-emergency Access services can be reached at (248) 464-6363.

## **About OCHN**

OCHN is contracted by the Michigan Department of Health and Human Services (MDHHS) to lead a provider service network and manage care for approximately 29,000 Oakland County residents at more than 400 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](http://www.oaklandchn.org).

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