

A Path To Hope, continued...

The free community event is called **S. T. E.P. S.** (Services-Therapy-Education-Providers-Support) and will be held at the Lionville Middle School library from noon until 4:00 PM. O'Connell's goal is to raise awareness about the wide array of mental health services and support available in Chester County. Local mental health providers, including pet, music and art therapy, are scheduled to be at the event, as well as information on wellness activities, emergency services, and insurance.

Chester County's Department of Mental Health/Intellectual and Developmental Disabilities will have resources at the fair, and the County's Suicide Prevention Task Force will be offering QPR (Question, Persuade, Refer) suicide prevention training at the event from 1-2:30 PM. Registration is at **A Path To Hope** website (link below).

"I feel like this has to be done. We need to start the conversation about mental health," O'Connell said. "I've met so many people along the way who are struggling and don't know where to find resources. This really has become therapeutic for me."

For more information about the event, see an article that appeared in Chester County's Daily Local News on January 31. <https://www.dailylocal.com/news/local/path-to-hope-to-hold-first-mental-health-and-wellness/article>. O'Connell will also be featured on NBC10 news on Feb. 28 to promote the event.

Find out more about **A Path To Hope** at the website, www.apaththohope.org and the Facebook page, www.facebook.com/pg/apaththohope.

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