

PRESS RELEASE

For immediate publication

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Make it OK mental health awareness event planned in Fort Dodge

May is mental health awareness month and a Make it OK Day event has been planned by Community Health Center of Fort Dodge to take place on Thursday, May 15th at the Fort Dodge city square from 11:30 – 1:30 pm.

Make it OK is a campaign created by Iowa's Healthiest State Initiative. The day is to help educate Iowans and start conversations about mental health. By breaking down the stigma around mental health, people with mental health symptoms will feel safe to talk about it and will find it easier to ask for help in finding treatment and resources.

"This will be our fourth year of holding a Make it OK Day event in Fort Dodge, it just keeps growing, we love to see that! So many local organizations have been working together over these past few years to create more awareness for mental health through this event and our Slam the Stigma events, we want the community to know that mental health resources are available and that it is okay to talk about mental health." said Regina Suhrbier, Outreach Coordinator for Community Health Center of Fort Dodge.

Anyone who would like to come and show their support for mental health is invited to attend. Wearing green is the only ask; green is the color for mental health. Participants can join in on their lunch break, get out for some fresh air and walk a few laps around the library. The Feedshack and Ardys Mae food trailers will be at the event for folks to grab a bite to eat. A number of local resources for mental health will be on hand for anyone to talk to and gather information.

Those include:

Catholic Charities
Community & Family Resources
Community Health Center

Crisis Intervention Service
Families First
Fort Dodge Community School District
Hazel Health
Iowa Workforce Development
Molina
Unity Point Health-Eyerlyball
UnityPoint Health - Berryhill
VA-CIHCS
Webster County Extension
Webster County Health Department (WCHD)
Webster County Health Dept Maternal Health Coalition
YWCA

More information about Make it OK can be found at www.makeitok.org/iowa.

Details about the Fort Dodge event on May 15th can be found on Facebook.

Anyone with questions about the Fort Dodge Make it Ok walk can reach out to Regina Suhrbier, Outreach Coordinator with Community Health Center of Fort Dodge at rsuhrbier@chcfortdodge.com or by calling 515-576-6500.