

Looking Ahead to May: Mental Health Awareness Month

As we close out April and look ahead to May, we enter a time that is especially meaningful to all of us at Bridgeway: **Mental Health Awareness Month**.

Observed nationally since 1949, Mental Health Awareness Month is dedicated to reducing stigma, increasing understanding, and encouraging individuals to seek support. For Bridgeway, this month is more than awareness. It reflects the work our teams do every day across programs, communities, and service lines.

“Every day, our teams make it possible for individuals and families to find support when they need it most,” said Cory Storch, President and CEO of Bridgeway Behavioral Health Services. “Mental Health Awareness Month gives us an opportunity to recognize that impact and reaffirm our commitment to accessible, community-based care.”

Every interaction matters.

Whether supporting someone in a moment of crisis, helping an individual navigate ongoing mental health challenges, providing stable housing, or creating opportunities for independence and growth, our staff show what it means to deliver person-centered, recovery-focused care.

Across Bridgeway, that work takes many forms.

Our Mental Health Urgent Care teams provide immediate, walk-in support for individuals who need to be seen quickly. Outpatient clinicians build relationships that support long-term wellness. Housing and outreach teams help individuals achieve stability and dignity in the community. Staff working with individuals with autism and intellectual and developmental disabilities ensure services are inclusive, responsive, and integrated with behavioral health care.

Each role contributes to a continuum of care that meets people where they are.

Mental Health Awareness Month also serves as a reminder of the importance of early intervention. We know that individuals do not need to reach a breaking point to ask for help. Feeling overwhelmed, anxious, or uncertain is reason enough to connect with support, and Bridgeway continues to lead in making that support accessible, welcoming, and community-based.

This commitment is especially visible as we prepare for the opening of our new **Center for Integrated Outpatient Services** on Morris Avenue in Elizabeth this year. This new facility will expand access to care and strengthen our ability to serve individuals and families with

a wide range of needs, including those with co-occurring conditions, autism, and intellectual and developmental disabilities.

As we enter May, we encourage everyone to keep advancing Bridgeway's mission. Mental Health Awareness Month is not just about the message we share with the public. It is about recognizing the impact of the work happening every day across our organization.

Thank you to our professional staff, Board and volunteers for your dedication, your compassion, and your commitment to the individuals and families we serve.

Together, we continue to make care more accessible, more responsive, and more human.