



FOR IMMEDIATE RELEASE

April 23, 2015

Media Contacts: Silvia Herman, Administrator - sherman@ccpa.net

Joseph Alex Martin, Chair Community Support Program - capcp@cspsp.org; or (717) 254-6060

**Celebrate Your Victories and Make Recovery a Reality
May Mental Health Awareness Month**

Cumberland County, PA - Come join the Cumberland and Perry Counties communities in celebrating Mental Health Awareness Month. Since 1949, May has been recognized as Mental Health Awareness Month. Over 25% of Americans over the age of 18 experience mental health challenges each year. One major factor regarding accessing help is that of stigma. Whether a challenge be physical or psychiatric early treatment and support has proven to be effective in reducing the impact of illness. Show that stigma is not a barrier to accessing needed supports and services but that it is the smart thing to do. Many individuals living with mental health challenges live, work, and contribute to their communities. They are our friends, our family, our neighbors, they are us!

This year's activities begin with our Annual Mental Health Walk on Friday, May 1st. The walk begins at LeTort Park in Carlisle, PA at 10 A.M. and ends at the Old Cumberland County Courthouse where a short rally will be held. After the rally a lunch is provided back at LeTort Park.

On Monday, May 18th, Cumberland/Perry Community Support Program (CSP) will join with Dauphin County Community Support Program for the Annual Recovery Conference. The conference is held at the Harrisburg/Hershey Holiday Inn, 4751 Lindle Road, Harrisburg, PA. The theme for this year's conference is Envision the Whole You- Live Life Fully. The conference opens at 9 A.M. and ends at 3:30 P.M.

A free movie screening of CANVAS will be held on Saturday, May 23rd, at 6 P.M. at Highland United Presbyterian Church, 11 Church Road, Newport, PA. Free popcorn and other treats will be provided.

Events are sponsored by the Cumberland/Perry CSP Program and the Cumberland/Perry Mental Health Office. CSP brings together all stakeholders, as partners, and works to ensure that individuals living with serious mental illness will enjoy the life they choose in their communities. For additional information or to register for any of these events call the Cumberland/Perry CSP office at (717) 254-6060.

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