



FOR IMMEDIATE RELEASE

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***Cumberland-Perry Mental Health Office Announces
May Mental Health Awareness Month Activities***

Cumberland County, PA – The Cumberland County Commissioners today announced upcoming activities scheduled in recognition of Mental Health month. Each May our community is invited to join and learn more about Mental Health and Mental Health Awareness.

On **Monday, May 1, 2017**, the Cumberland and Perry Counties' Community Support Program (CSP) will host the 11th annual Mental Health Awareness Walk. The theme of this year's walk is "Let's Walk Through this Together." The event will begin at the Letort Park, 260 East Pomfret Street, Carlisle at 10:00 am. The walk will conclude at the Old Cumberland County Courthouse to hear from individuals in recovery from mental illness. Immediately following the walk a picnic will be convened at Letort Park.

Monday, May 15, 2017, the Cumberland and Perry Counties' CSP and Dauphin County CSP will co-host their annual conference at the Red Lion Inn, 4751 Lindle Road, Harrisburg from 9 am until 4 pm. The theme is "Understand Us: We are more than our challenges" Pre-registration is required. For more information please contact 717.254.6060.

Friday, May 19, 2017, CSP will host a Wellness Fair "Enhancing your Mind, Body, and Spirit" at the Stuart Community Center, 415 Franklin Street, Carlisle, from 10 am to 2 pm.

We hope that you will join us to learn more about mental health and to fight stigma experienced by individuals living with mental health needs. For more information about Mental Health Services in Cumberland and Perry Counties, please call the Cumberland-Perry Mental Health Office at (717) 240.6320 or visit online at www.ccpa.net/mh.idd.

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