



# COMMISSIONERS OF CUMBERLAND COUNTY

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**FOR IMMEDIATE RELEASE**

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## *Commissioners Recognize Mental Health Month*

**Carlisle, Pa.** – The Cumberland County Board of Commissioners proclaimed May as Mental Health Awareness Month today. The Commissioners invited all members of the community to join together to promote awareness of mental health and encouraged those managing a mental illness to never give up.

“Mental health is part of your overall health and wellbeing,” said Silvia Herman, administrator of the Cumberland-Perry office of Mental Health/Intellectual & Developmental Disabilities (MH/IDD). “Poor mental health can and does impact all areas of your life, including your thought processes, relationships, productivity and ability to adapt to changes. One in four adults has or will experience some form of mental health issue, but we’re here to say that there is hope and there is recovery.”

Early identification and treatment of mental illness can make a significant difference in successful management and/or recovery from a mental illness. Yet, too many people don’t seek treatment because of the stigma associated with mental illness.

The Commissioners and the MH/IDD office encourage the community to promote recovery and change this stigma. Recovery can and does happen. With education and conversation, the community can grow healthier and stronger.

MH/IDD works to empower and support members of the community, and their families, who are living with a mental or intellectual disability. An alliance of three organizations, the MH/IDD office provides support in the areas of mental health, intellectual and developmental disabilities, and early intervention. More information, including the many services available, can be found at [www.ccpa.net/mh.idd](http://www.ccpa.net/mh.idd).

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*Cumberland County is the fastest growing county in the Commonwealth and offers the perfect mix of small town, suburban and rural living. Established in 1750, Cumberland County consistently maintains one of the lowest tax and unemployment rates in the State, while providing exceptional services for its more than 250,000 residents. More information on Cumberland County can be found at [www.ccpa.net](http://www.ccpa.net).*

Attachments:

[Presentation Photo](#)

[Presentation Video](#)