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**For Immediate Release:**  
Goochland County VA:

## **May is National Mental Health Awareness Month**



This year's Mental Awareness Month theme is: **More than Enough**. Mental Health Month has been in observance since 1949. We have come a long way since then. A briefing from the White House states that "During National Mental Health Awareness Month, we honor the absolute courage of the tens of millions of Americans living with mental health conditions, and we celebrate the loved ones and mental health professionals who are there for them every day. Treatment works, and there is no shame in seeking it."

**The GoochlandCares Mental Health Team Pictured: Left to Right: Tripp Young, MHNP and Ruth Baldwin, LCSW**

Awareness has been more prevalent in the past few years because mental health problems were made worse by the isolation and trauma of COVID-19. Two in five adults report anxiety and depression, and two in five teens describe experiencing persistent sadness or hopelessness, exacerbated by social media, bullying, and gun violence.

"Many of our friends, colleagues, and loved ones are battling mental health challenges and cannot always access treatment due to lack of resources and insurance. This is especially true in rural and other underserved communities," said Ruth Baldwin, GoochlandCares' LCSW.

The lack of access to treatment calls attention to strategies and approaches that help all Americans achieve wellness and good mental and overall health. We all have a role to play in ending the stigma around mental health issues. It starts by showing compassion, so everyone feels free to ask for help.

Basic steps to maintain well-being involve a balanced diet, regular exercise, enough sleep, a sense of self-worth, development of coping skills that promote resiliency, emotional awareness, and connections to family, friends, and the community. Ruth said, “these steps can be complemented through regular mental health checkups.”

**Did you know GoochlandCares has a Mental Health program?** Mental health evaluations, medications, and counseling are available for many uninsured clients who meet GoochlandCares eligibility guidelines but are ineligible for the Goochland-Powhatan Community Services Board (CSB). The CSB is the state mental health program. The CSB main phone number is 804 556-5400 and the emergency services hotline is 804-556-3716 or 804-598-2697. To find out more about the Mental Health program at GoochlandCares call 804-556-0405.

If someone you know is going through a tough time, reach out and tell them you are there for them. We are all in this together. For assistance call Mental Health Services Administration’s National Helpline at 1-800-662-HELP or visit [www.FindSupport.gov](http://www.FindSupport.gov).

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*GoochlandCares is a private, 501(c)(3), non-profit organization that provides basic human services and health care to our Goochland neighbors in need. GoochlandCares envisions an equitable community in which all people have their basic needs met, empowering them to lead lives of self-dignity and well-being. Contact Adair Frayser, [afrayser@goochlandcares.org](mailto:afrayser@goochlandcares.org). Visit us at [www.GoochlandCares.org](http://www.GoochlandCares.org). Find us on Facebook at [facebook.com/goochlandcares](https://facebook.com/goochlandcares).*