



**Mental Health
Recovery Board**
Serving Warren & Clinton Counties

FOR IMMEDIATE RELEASE

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Contact: John Cummings, Deputy Director of Communications
(513) 695-2350
jcummings@mhrbwcc.org

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Mental Health Recovery Board Marks Mental Health Awareness Month in May

LEBANON, OHIO — The Mental Health Recovery Board Serving Warren and Clinton Counties (MHRB) is recognizing May as Mental Health Awareness Month, joining national efforts to raise awareness, reduce stigma, and connect individuals and families with vital mental health resources.

Observed each May since 1949, Mental Health Awareness Month highlights the importance of mental wellness and celebrates recovery while encouraging open conversations about mental health. Substance Abuse and Mental Health Services Administration (SAMHSA) has led national awareness efforts for more than 20 years, emphasizing that mental health is essential to overall health and well-being and that everyone plays a role in supporting one another.

“Mental health affects how we think, feel, and act every day,” said [Name/Title]. “This month is a reminder that no one is alone, and help is available right here in our community.”

Throughout May, MHRB is encouraging residents to take simple but meaningful steps to support mental wellness—checking in with loved ones, prioritizing self-care, and learning the signs that someone may need help. National resources from SAMHSA’s Mental Health Awareness Month toolkit promote the importance of strong support systems, early intervention, and open dialogue to reduce stigma and improve outcomes.

(more)

Mental Health Awareness Month also serves as a call to action. Across the country, organizations are working to educate the public, expand access to care, and foster understanding. One in five U.S. adults experiences mental illness each year, underscoring the need for continued awareness and accessible support.

Locally, MHRB connects residents to a network of mental health and substance use services. Individuals seeking help can visit mhrbwcc.org/find-help/ to access provider listings, screening tools, and resources tailored to Warren and Clinton Counties.

If you or someone you know is struggling, confidential help is available 24/7 by calling or texting 988, the Suicide and Crisis Lifeline. SAMHSA also encourages individuals to seek support through national and local resources, reinforcing that reaching out is a sign of strength.

“Whether you’re facing a difficult moment or supporting someone else, taking that first step to connect can make all the difference,” [Name/Title] added.

For more information about Mental Health Awareness Month and local resources, visit mhrbwcc.org.

About MHRB

Mental Health Recovery Board Serving Warren and Clinton Counties plans, funds, monitors, and evaluates a network of providers that deliver mental health and substance use prevention, treatment, and recovery support services for local residents.

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