



**May is Mental Health Month:
Pathways Sends Call-to-Action to 'Do More for the 1 in 4'**

PUBLIC SERVICE ANNOUNCEMENT

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Statistics indicate that one in four adults struggle with a mental health condition each year, which constitutes almost 60 million people annually. This means that family members, friends, co-workers, neighbors and others—within a close proximity—suffer silently with mental illnesses like anxiety, bipolar, depression, ADHD, substance abuse, and post-traumatic stress disorder (PTSD) to name a few.

May is Mental Health Month

In commemoration of Mental Health Month, Pathways Community Behavioral Healthcare, Inc. is sending a call-to-action to help someone struggling with a mental illness. The “Do More for the 1 in 4” campaign is in conjunction with Mental Health America, a national advocacy organization that addresses the full spectrum of mental and substance use conditions.

“Less than 25 percent of people with a diagnosable mental disorder seek treatment,” said Linda Grgurich, Pathways President. “Mental Health Month aims to raise awareness about behavioral health as well as encourage people who suffer daily to seek the treatment they need to live healthy, well-adjusted lives.”

How you can do more for your 1 in 4

- Help a friend or family member find a reputable mental health provider (helpful resources include referrals from clergy members, insurance providers, Medicaid or Medicare among others)
- Educate yourself about the diagnosis, symptoms and side effects of treatment
- Be aware that fear and stress may result from the diagnosis
- Listen carefully and recognize their feelings
- Encourage active participation in the treatment process

- Exert patience as it may take time to find the right treatment program and dosage to see improvements
- Understand that recovery is more than maintaining a medical regiment but requires those in recovery to build self-esteem and a sense of purpose at work, at home, in the community, etc.
- Be available to accompany this individual to doctor's visits and other appointments for moral support, or to discuss medications, side effects and other treatment aspects
- Always respect this individual's need and right to privacy

Pathways, a not-for-profit community mental health center, has 32 offices throughout Missouri and provides comprehensive, in-patient addiction recovery and out-patient behavioral healthcare services to adults and children that include:

- Mental health (psychiatric services)
- Addiction recovery
- Drug court
- Developmentally disabled
- Integrated mental health and primary care
- Prevention and education
- 24-hour crisis intervention
- Support services

For the Children Foundation, the main fund-raising arm of Pathways and Royal Oaks Hospital, raises money to provide mental health services for children to help get them back on track.

To learn more, or for a complete list of office locations, visit PathwaysOnline.org. To seek help for someone you know, call 660.885.8131.

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About Us

Midwest Behavioral Healthcare Management, Inc. is the parent company of Pathways Community Behavioral Healthcare, Inc., and Royal Oaks Hospital, located in Windsor, MO. Together, the non-profit community behavioral healthcare center with 32 offices throughout 36 counties in Missouri and the 41-bed behavioral health hospital, provide a full continuum of evidence-based behavioral health services for children, adolescents and adults. Services include comprehensive psychiatric treatment, addiction recovery, and crisis & prevention services. Pathways has been providing behavioral health services for over 30 years. For the Children Foundation, the primary funding-raising arm of Midwest Behavioral Healthcare Management, Inc., raises money for children who suffer with behavioral issues but have no way to pay for treatment. Funds raised by the Foundation help children receive needed services at Pathways and Royal Oaks.