

**May is Mental Health Month: Do More For 1 in 4
Mental Health, Substance Use Conditions Common, But Treatable;
Individuals Can Live Productive Lives**

This May is Mental Health Month, Ohio Mental Health Counselors Association (OMHCA) is calling on the community to help the 1 in 4 American adults who live with a diagnosable, treatable mental health condition and understand how important mental health is to overall health.

We want people to know that while mental health and substance use conditions are common, they are extremely treatable and individuals go on to recover and lead full and productive lives,” said, Nikol Bowen, PhD, PC, President of OMHCA.

Dr. Bowen said too many people who are living with a mental health condition never seek or receive help due to stigma, lack of information, cost, or lack of health care insurance coverage—as high as 50 percent.

“We want to change the equation and help our families, friends and co-workers who may be reluctant to ask for help or don’t know where to find it.”

Here is your chance to come out and learn more about Mental Health and resources available in the greater Zanesville area.



May 12th 11 a.m. – 2 p.m.

Zanesville Mental Health Awareness Day

**John McIntyre Library
220 North Fifth Street
Zanesville, Ohio 43701**

“We now recognize how essential mental health is to our overall health and well-being,” Dr. Bowen said. “And we know how events and life changes can affect us. It could be a veteran struggling with the invisible wounds of war or someone coping with the stress of caregiving or divorce or losing a loved one. Sometimes, people are dealing with depression associated with a chronic disease such as diabetes, cancer or hypertension. And traumatic events can take a huge toll on mental health.”

“Fortunately, we have incredible amount of knowledge about how to identify and even prevent mental health conditions, she said. “It’s important that we spread the word about it.”

Mental Health Month was created more than 50 years by Mental Health America, to raise awareness about mental health conditions and the importance of mental wellness for all.