



Mental Health and Recovery Services Board

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PRESS RELEASE

**May 20, 2020
FOR IMMEDIATE RELEASE**

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May is Mental Health Awareness Month

Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives. This year we began Mental Health Awareness Month unlike any other year in our recent history. COVID-19 pandemic has made many changes to the lives of every individual.

Realizing that isolation may be extremely stressful, local behavioral health providers have done an amazing job to adapt and continue essential services for our community members. A majority of the behavioral health providers implemented telehealth services to be able to continue and serve clients during this time of self-isolation. The 24/7 crisis emergency hotline has been enhanced with additional staff to be able to effectively respond to the increased number of phone calls. Our Board is very proud of the healthcare workers and first responders who continue to serve our communities during these difficult and uncertain times. Truthfully, we are also concerned of what appears to be an increased number of suicide attempts and suicide deaths. We ask anyone experiencing a mental health crisis to contact our crisis hotline at 1-800-826-1306.

The Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties has been working hard to raise awareness of our local resources while highlighting that no one experiencing a mental health condition should feel alone.

During Mental Health Month, this time of uncertainty, and every day in-between, our Board is here to help. For local resources or guidance navigating the behavioral health system, please contact our Board office at 419-448-0640.

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