



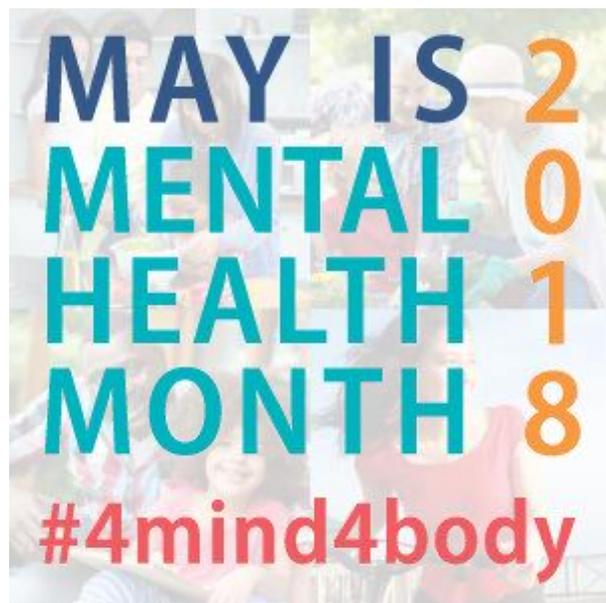
[Click here](#) to subscribe to this free monthly publication from Chester County MH/IDD

The National Mental Health Month Campaign

Since 1949, Mental Health Month has been a time to learn more about an often uncomfortable and misunderstood topic. This year the national campaign, through [Mental Health America](#), lessens the stigma of mental health by emphasizing the mind-body connection. The 2018 theme is ***Fitness #4mind4body***.

People across the country are being challenged to make small changes physically and mentally to create huge gains in overall health and well being. Eating right, exercising and learning to manage stress are part of a healthy lifestyle. Living a fitness lifestyle can prevent the onset or worsening of mental and physical conditions, and help us recover more quickly.

Take the challenge using the hashtag #4mind4body to share on social media and connect with people across the country on a path to a healthier, happier life.



Mental Health Month in Chester County



Chester County recognizes Mental Health Month with varied activities, events and opportunities to learn more. This May you can take in a documentary about the impact of trauma, or view a film on the power of resilience. You can become a Mental Health First Aid-er, or take a training to learn how to use the overdose reversal drug, Naloxone.

There are lots of local happenings throughout the month, and many are listed on our Mental Health calendar of events. Try the link below!

**[Check out the Mental Health Month calendar](#)
make your plans today!**



**Take the pledge from the National Alliance on Mental Health
to be StigmaFree this month!**

Focus on Suicide Prevention



Chester County's Suicide Prevention Task Force holds quarterly meetings that are open to the public. The next scheduled meeting is Wednesday, May 9 from 3PM - 5PM at the Government Services Center, 601 Westtown Road, West Chester.

On May 10 and 11, Pennsylvania's annual suicide prevention conference will be held in Harrisburg. Find out more at [this link](#).

RAISING AWARENESS AROUND ANXIETY

VIDEO SCREENING & HOURLY WORKSHOP

*This free, two-hour course includes a screening of the film
"Angst: Raising Awareness Around Anxiety" followed by a panel discussion.*

Angst

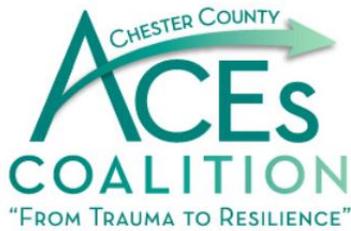
May 17, 2018
6:30 - 8:30 p.m.

Technical College High School,
Brandywine Campus
443 Boot Road
Downingtown, PA 19335

Register at
www.cciu.org/angst
Limited seating available.

An equal opportunity employer and educator.
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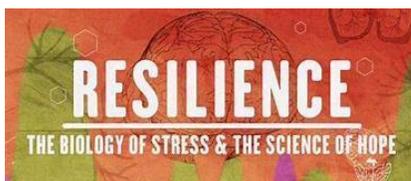




Chester County's ACEs Coalition Fundraiser

On Wednesday, May 16, join supporters of Chester County's coalition to raise awareness about Adverse Childhood Experiences (ACEs) at P.J. Whelihan's restaurant in Downingtown. This Dine and Donate fundraiser is being held from 5 until 9 PM. [Click here for the event flier.](#)

Thursday, May 10, is National Children's Mental Health Awareness Day. You can learn more from [SAMHSA](#) and watch the [webcast, Partnering for Health and Hope following Trauma.](#)



This new one-hour documentary explores the age-old problem of childhood trauma and toxic stress, and offers hope with breakthrough science. Join us and find out about

the topic Oprah Winfrey reported for 60 minutes and called "revolutionary."

Chester County ACEs Coalition and Chester County MHIDD invite the community to a free Viewing at the Henrietta Hankin Library on Thursday, May 24 at 6:00- 8:00 PM. [Download flier.](#)

"This story has had more impact on me than practically anything I've ever done."

- Oprah Winfrey

Resources, Events & Classes

[Don't forget to check out the calendar of events for Mental Health Month!](#)

[Accessing the Adult Serving Services](#) A free training from Chester County Department of Human Services.

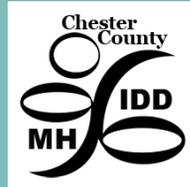
[PA Vision Corps](#) offers free vision exams and glasses for low income families.

[PCHC](#) presents a national wellness speaker to talk about recovery through storytelling on May 24.

[Free Mental Health First Aid](#) classes are offered throughout the year in Chester County. Check the MH/IDD website for upcoming classes. Information is posted regularly.

[Chester County Refer web](#) is a user-friendly database for social services information.

[Calendar of events](#) - *Updated!* Information on local monthly stakeholder meetings and support groups.



**Chester County Department of Mental Health /
Intellectual and Developmental Disabilities**
601 Westtown Road, West Chester, PA
www.chesco.org/mhidd

Chester County Commissioners
Administrator: Linda Cox
Deputy Administrator: Candy Craig