



Step Up  
1460 4<sup>th</sup> Street, Suite 205  
Santa Monica, CA 90401

MEDIA CONTACT:  
Kimm Baersch  
(310) 576-1308 ext. 1245  
kimm@stepuponsecond.org

FOR IMMEDIATE RELEASE

## This May is Mental Health Month

*Life in Recovery* Theme Highlights Importance of #mentalhealthawarenessmonth

[Santa Monica, CA ] (April 29, 2016)—When mental health issues are talked about, the language typically used to describe them tends to be clinical and impersonal. These words, while useful for doctors or clinicians, often don't do justice to the opportunity individuals have to experience *Life in Recovery*.

May is Mental Health Month was started 67 years ago by Mental Health America, to raise awareness about mental health issues and the importance of good mental health for everyone.

"Mental health issues are common and treatable, and help is available. Prevention, early identification, intervention, and integrated services are key to helping individuals regain losses, rebuild relationships, and reclaim their power." said Carolyn Baker, VP of Community Development for Step Up, a leading mental health service provider. "This May, individuals are encouraged to give voice to what it really means to experience mental health issues, help remove the stigma of speaking out, and build support from friends and family."

This Mental Health Month, individuals can share their point of view by tagging social media posts with *#mentalhealthawarenessmonth*. Wearing a green ribbon also signifies solidarity with Mental Health Month.

"Research shows that by ignoring symptoms, individuals lose ten years in which interventions could be changing their lives for the better. Speaking out can encourage others to recognize symptoms early on in the disease process, and empower individuals to be agents in their own recovery." Through its permanent housing, member-driven supportive services, and social connectedness Step Up is helping lead the way to life in recovery.", concluded Baker.

For more info on Step Up's mental health services visit [www.stepuponsecond.org](http://www.stepuponsecond.org) or call (310) 576-1308 ext. 1245.

###