



UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

May 2017

MENTAL HEALTH AWARENESS MONTH



May is Mental Health Awareness Month. Fight stigma and educate yourself and others about mental illness by learning the facts and truths.

FACTS & TRUTHS ABOUT MENTAL ILLNESS

- 1. 1 in 5 adults in the US experience mental illness in a given year.
- 2. 1 in 5 youth aged 13-18 experience a severe mental illness in a given year.
- 3. Third most common reason for hospitalization in the US.
- 4. Number one cause of disability, lost wages and cost to treat in the US.

WHAT'S MENTAL ILLNESS ?



Mental Illness is a disease of the brain that affects:

- Behavior
- Cognition (Thinking)
- Mood
- Resilience
- Self-esteem



TIPS FOR A HEALTHY MIND



MEMBER HIGHLIGHT

Catawba Community Mental Health Center

The Catawba Community Mental Health Center (CCMHC) is one of 17 community mental health centers operated by the South Carolina Department of Mental Health. CCMHC provides mental health services to people of all ages in York, Chester, and Lancaster counties. Services include counseling, psychiatric assessment, medication management, crisis intervention, and other services to those experiencing serious mental illness and significant emotional disorders.

CCMHC is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). For more information please visit:

<http://www.state.sc.us/dmh/cmhc.htm#cat>

UMRHN Community Members

- Catawba Community Mental Health Center ♦ Chester County Representative ♦ Chester County School District ♦ Chester Healthcare Foundation ♦ Chester Regional Medical Center ♦ Eau Claire Cooperative Health Center ♦ Fairfield County School District ♦ Fairfield Memorial Hospital ♦ Good Samaritan Medical Clinic ♦ J. Marion Sims Foundation ♦ John A. Martin Primary Health Care ♦ Mid-Carolina AHEC ♦ Midlands Technical College ♦ North Central Family Medical Center ♦ SC Department of Health and Environmental Control ♦ SC Office of Rural Health ♦ Springs Memorial Hospital ♦ York Technical College



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