Greetings!

May is National Mental Health Awareness Month. This month, LookUp, along with many other organizations and individuals, is raising awareness by fighting stigma, providing support, education, and advocacy for mental health. Each week, we’ll share mental health insights from various community sectors.

Since 1949, Mental Health Month has been observed in the United States. It is estimated that 1 out of 5 youth and adults experience mental illness. Suicide is the second leading cause of death for adolescents and an estimated 18-22 veterans die by suicide each day. More than 22 million people in the U.S. need treatment for alcohol or other drug abuse. Though we have made considerable progress since the days of people being imprisoned in an institution, with physical shackles and chains, people with mental illness and addictive disorders feel the weight of those chains through the ignorance and stigma that still exists today.

We know that treatment works and people with mental illness and addictive disorders can and do recover. May is an appropriate month to raise awareness, look at the challenges in our mental health system, and what more can be done to create and support a culture of wellness. Indiana has become a leader in the nation for our mental health policies and innovative approaches to providing treatment and recovery. Comprehensive services are needed to supply all of the tools in the “tool box”, including inpatient and outpatient services, counseling, medication assisted treatment, and recovery supports.

During this month, we urge everyone to learn more about mental illness and addiction, plan or participate in an event or activity to increase awareness, or simply reach out to a friend, neighbor, or family member who may need some support and help. In May, and every month, let us ring out hope as we continue to fight for victory over mental illness and addiction.

#4mind4body  
www.mentalhealthamerica.net/may
- Stephen C. McCaffrey, J.D., President and CEO of Mental Health America of Indiana
Mental Health America of Indiana has two Ombudsman Programs available to help people utilize services across Indiana. Click HERE for more information on our Ombudsman Program.

EmberWood Center

Our Mission

EmberWood Center promotes growth, respect and integrity through community-based services to address the cycle of addiction with individuals and families.

Check out our newsletter HERE!

For more information about EmberWood Center and the services they provide, please click HERE.

Indiana Center for Children and Families

Indiana Center for Children and Families (ICCF), provides assessments, counseling, and therapeutic services for children, adolescents, and families. Our highly trained staff has specific training to assist with life challenges including, abuse, trauma, and special needs.

For more information click HERE.

Depression and Bipolar Support Alliance

Each year, DBSAI reaches people to give them the message that there is help and hope; and that no one with these illnesses needs to feel alone. Depression and Bipolar Support Alliance helps people like you realize that they’re not alone.

The 21st Annual Mental Health Awareness Month Run/Walk/Fun Run will be held Monday, May 1

During this month, we urge everyone to learn more about mental illness and addiction and simply reach out to a friend, neighbor, or family member who may need some support and help.

In May, and every month, let us ring out hope as we continue to fight for victory over mental illness and addiction. Be sure to check back for each week’s new blog for National Mental Health Awareness month, visit our blog page on LookUpIndiana.org.

Help us Start the Conversation and Silence the Stigma.

Stephen C. McCaffrey J.D.
and bipolar disorder are real, treatable illnesses.

For more information click HERE.

**Indiana Credentialing Association on Alcohol and Drug Abuse (ICAADA)**

For more than 38 years, ICAADA has been committed to public protection through the establishment of quality, competency-based certification programs for professionals engaged in the prevention and treatment of addictions and related problems.

For more information, click HERE!

**Indiana Affiliation of Recovery Residences (INARR)**

INARR is committed to provide fair, impartial support and encouragement to recovery residence providers who express a willingness to achieve compliance with the NARR Standard and INARR Code of Ethics.

For more information click HERE!

**Indiana Addictions Issues Coalition (IAIC)**

Addiction, whether to drugs, alcohol, tobacco or involving other substances or actions, is a disease that can be effectively treated, allowing individuals and those around them to recover their lives.

Check out our newsletter HERE!

For more information about IAIC click HERE!

**Infancy Onward**

Founded in 2000, we are an organization of individuals committed to strengthening relationships between infants, toddlers,
Indiana Coalition to Reduce Underage Drinking (ICRUD)

ICRUD believes that all young people have the right to live and learn in environments that do not promote or facilitate underage drinking. We believe that youth and adults working together for policy change are an integral part of the solution.

For more information click HERE!

Stay Connected

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