



Monthly Newsletter

May 2025



May is Mental Health Awareness Month—a vital time to acknowledge the importance of mental well-being for individuals of all ages. At Mind Matters, we believe every mind matters!

Mental health challenges are more common than many realize: 1 in 5 adults in the U.S. experiences mental illness each year, and 1 in 6 youth aged 6–17 experience a mental health disorder annually. Despite these numbers, stigma and misinformation often prevent people from seeking help.

This month's newsletter will highlight strategies for reaching out for support, advocating for others, recognizing personal and community strengths, and understanding the benefits of mental health treatment. We'll also focus on the importance of ending stigma so that everyone feels safe to talk about mental health. Let's work together to create a culture where mental health is prioritized and supported.

Every Mind Matters---Because You Matter!

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Mental Health Awareness

Why Mental Health Matters

Mental health is just as important as physical health. It affects how we think, feel, and act. Untreated mental health conditions can lead to serious consequences, including suicide and even chronic medical conditions. In Lehigh County, suicide is the third leading cause of death, underscoring the urgent need for awareness, support, and action (reference suicidepreventionlc.org).

Mental health matters at every age—from children learning to express their emotions, to teens navigating identity and pressure, to adults balancing work and relationships, to seniors facing loneliness or loss. No matter your stage of life, your mental well-being is vital.

Taking the First Step: Reaching Out

If you or someone you know is struggling, help is available 24/7 for crisis situations:

- Call or Text 988: The Suicide & Crisis Lifeline offers free, confidential support for people in distress.
- Schuylkill County: Call 877-993-4357 or text 63288 for crisis intervention services.
- Lehigh County: Contact 610-782-3127 for immediate assistance.
- Berks County: Reach Holcomb Behavioral Health at 1-888-219-3910 or 610-379-2007. You can also text "RUOK" to 484-816-7865

Advocating for Mental Health

- Start Conversations: Talk openly about mental health to reduce stigma.
- Support Organizations: Join or donate to local groups like NAMI Berks County or Embrace Tomorrow.
- Educate Yourself: Attend workshops and support groups to better understand mental health issues.
- Speak Up!

Mental Health Awareness

Recognizing Strength

Seeking help requires immense courage. It takes strength to acknowledge when you're struggling and to reach out for support. Remember, you are not alone. There is no shame in seeking help—it's a sign of resilience.

Ending the Stigma

Stigma prevents healing. Let's change the narrative: mental health is a part of overall well-being. By supporting each other and speaking openly, we can create a community where everyone feels valued and understood.

The Benefits of Therapy & Medication Management

- **Therapy** provides a safe, judgment-free space to:
 - Process emotions and past trauma
 - Develop healthy coping mechanisms
 - Improve communication and relationship skills
 - Build self-esteem and reduce anxiety or depression
- **Medication Management** can help by:
 - Balancing brain chemistry to stabilize mood
 - Supporting treatment for conditions like depression, anxiety, bipolar disorder, ADHD, and beyond
 - Working in combination with therapy for a more effective, holistic approach
 - Being regularly reviewed and adjusted by professionals to fit your needs
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Seeking professional support isn't a sign of weakness — it's a sign of taking control of your health.

At **Mind Matters**, we believe that **every mind matters**. Let's work together to foster a community of support, understanding, and compassion. If you or a loved one is in need of assistance please reach out and we can help you get your journey to health and wellness started.

--- **The Mind Matters Team**