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## News Release

### **FOR IMMEDIATE RELEASE**

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### **Trillium Health Resources recognizes Mental Health Month**

*Joins organizations nationwide to educate and reduce stigma*

GREENVILLE, NC-Trillium Health Resources will recognize Mental Health Month throughout May. Mental Health America ([MHA](#)), a nationwide nonprofit, promotes the initiative to help raise awareness about mental health illness and therefore reduce the stigma often associated with such diagnoses. Other organizations will participate in similar efforts such as The National Alliance on Mental Illness ([NAMI](#)) and the Substance Abuse and Mental Health Services Administration ([SAMHSA](#)).

The 2017 focus for MHA's Mental Health Month will be [Risky Business](#). People may engage in potentially risky behaviors to manage, avoid, or cover up symptoms of a mental health problem. It is often hard to distinguish whether these behaviors are isolated instances or a cause for concern. Mental Health America offers educational materials, tools, references, and more to help people address risky behavior in someone they care about without judgment.

In addition to our daily role in coordinating services for individuals with mental health diagnoses, Trillium will highlight the following opportunities in May to educate the public about symptoms of mental illness, treatment options, and community support available.

#### [2017 NAMI Walks of North Carolina for Mental Health](#)

May 6, Dorothea Dix Campus, Raleigh

As NAMIWalks North Carolina celebrates its 13th anniversary, take part in the largest and most successful mental health awareness, stigma-busting and fundraising event of the NAMIWalks campaigns throughout the country.

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[MHA of Eastern Carolina “Mind Matters: A Mental Health Conference”](#)

May 10-11, Holiday Inn, Greenville

Attendees will have hands on workshops and lectures to discuss patient needs, patient care, and discussion on the state of the mental health system in NC.

[5<sup>th</sup> Annual Vidant Mental Health Expo](#)

May 16, East Carolina Heart Institute at ECU, Greenville

Exhibitors from service organizations will be available to answer questions, provide information, present community resources, and support families and friends of those who suffer from mental health issues.

[Mental Health First Aid Training and Youth Mental Health First Aid Training](#)

May 17, Hyde County Health Department, Swan Quarter

May 18, Hyde County Health Department, Swan Quarter

May 23, Pamlico County Department of Human Services

May 24, Pamlico County Department of Human Services, Bayboro

Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

\*Please check the online Trillium calendar for additional dates at other locations in June and later in the year.

For anyone wishing to show support in other ways, some ideas are:

- When posting on social media, use hashtags such as #riskybusiness, #MentalHealthMonth, and #stigmafree. Trillium’s Facebook page [Direct Connect for Recovery](#) will highlight awareness pieces during the month.
- Wear a green ribbon in honor of mental health awareness.
- Learn about potential symptoms for various diagnoses by visiting the online, anonymous screening tool [Access Point](#), sponsored by Trillium.

**ABOUT TRILLIUM HEALTH RESOURCES**

Trillium Health Resources is a leading specialty care manager (LME/MCO) for individuals with substance use, mental illness and intellectual/developmental disabilities in 24 counties in eastern North Carolina. Trillium’s mission is to transform the lives of people in need by providing them with ready access to quality care. We take a person-centered approach to health and wellbeing, coordinating care across multiple systems to achieve improved health outcomes, quality of care and efficient use of resources. Trillium is investing in innovation to meet the unique needs of the individuals and communities we serve, and remains focused on delivering

the right services, in the right amount, at the right time. For more information, visit [www.TrilliumHealthResources.org](http://www.TrilliumHealthResources.org).

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