



News Release

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Trillium Combats Mental Illness Stigma with the Help of Technology *Crisis Chat and CHAT publicity during Mental Illness Awareness Week and World Mental Health Day*

GREENVILLE, NC- Trillium Health Resources plans to join organizations like the National Alliance on Mental Illness (NAMI) and Substance Abuse and Mental Health Services of America (SAMHSA) in support of [Mental Illness Awareness Week](#) and [World Mental Health Day](#).

Mental Illness Awareness Week takes place from October 7 – 13. During this week, organizations and individuals are encouraged to raise awareness of the widespread nature of mental illness in our country; one in five Americans is affected by mental health conditions, but the stigma around mental illness prevents people from getting the proper help they need.

To overcome this barrier and encourage individuals to seek help during a mental health crisis, Trillium works with [Integrated Family Services](#) to promote [Crisis Chat](#) for the Trillium coverage area. *Crisis Chat* is a private chat program that provides online emotional support, crisis intervention, and suicide prevention services. Individuals are able to access *Crisis Chat* from any device with an internet connection. Many teenagers may feel more comfortable sharing their concerns through texting rather than in person. If the chat service is busy or inaccessible, individuals can also call the crisis hotline at 1-866-437-1821.

The theme for this year's World Mental Health Day is "Young People and Mental Health in a Changing World." This theme encourages focus on the influence of the internet and how it affects today's young people. Because of the internet's culture of fast-paced, around-the-clock connectedness, young people often find themselves exposed to news, events, and people that can be hard to process. Young people have also reported loneliness or depression due to perceptions of inadequacy or fear of ridicule online. The [World](#)

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[Federation for Mental Health](#) hopes to “bring attention to the issues our youth and young adults are facing in our world today and begin the conversation around what they need in order to grow up healthy, happy, and resilient.”

As a part of the [2020 Child Vision Initiative](#), Trillium provides access to the Comprehensive Health Assessment for Teens (CHAT) through several providers. This interactive tool allows adolescents ages 13-18 to complete a self-assessment that provides a comprehensive picture of the adolescent’s issues as well as options for treatment. This feedback gives adolescents and their parents the ability to have productive conversations about their mental health and decide together on the right choice for treatment.

As a managed care organization, Trillium supports care for those with mental health issues through various resources and providers. Trillium’s care coordinators serve as liaisons between members and providers by managing access to care, assessing and evaluating services, and working to ensure the care members receive is right for them. Care coordinators are important because they ensure that each individual is able to have an active role in his or her mental health treatment.

For any questions or more information, please contact info@trilliumnc.org or call the 24-Hour Access to Care Line at 1-877-685-2415.

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 26 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.

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