



Mental health has a profound impact on us all. Approximately 1 in 5 Ohioans are affected by mental illness or substance use disorder. That's why [organization] is joining with [Ohio Mental Health & Addiction Services](#) and [RecoveryOhio](#) to champion mental health awareness throughout the community in observance of Mental Health Awareness Month.

This annual event serves as a crucial platform for Ohio organizations to spotlight the accessibility of treatment and support, while dismantling stigma and creating dialogue to spread awareness of mental health.

[Short paragraph discussing any events your organization is holding for Mental Health Awareness Month and/or any services your organization provides to the community which aim to raise awareness, prevent, or treat mental illnesses or substance use disorders.]

During May, RecoveryOhio is teaming up with the Cincinnati Reds to hold a special discount rate to observe Mental Health Awareness Month for the Cincinnati Reds vs Arizona Diamondbacks on Tuesday, May 7. RecoveryOhio is also spotlighting local events organized by county ADAMH Board and community behavioral health organizations. Visit [RecoveryOhio.gov](http://RecoveryOhio.gov) to find an event near you.

Practical resources like the [Check In On Yourself](#) campaign offer tools to enhance mental health by managing emotions, identifying stressors, and educating about self-care practices. For those in crisis, the [988 Suicide & Crisis Lifeline](#) offers immediate support through call, text, or chat with trained specialists available 24/7 to provide confidential assistance and guide callers toward treatment and recovery services in their area.