



Memo

Date: May 17, 2024

To: All Employees

From: Stephanie Montgomery, Health Equity Division Director

Subject: Success Stories During Mental Health Awareness Month

May is Mental Health Awareness month. During this month we center on the critical nature of mental health and wellness. The theme for this year's observance is Where to Start: Mental Health in A Challenging World. We want to pause and recognize the success stories-those individuals who have found relief in services offered by ACBHD.

Join me in congratulating [Pamela](#) and [Janelle](#) on the journeys to wellness.

We are also mindful that there are those among us who may need support and guidance to maintain mental wellness. Our own Dr. Chapman offers [self-care tips](#) for emotional wellness during this month and throughout the year.