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ADDRESSING RISK FACTORS DURING MENTAL HEALTH MONTH
Horizon Behavioral Health Campaign Aims to Start a Conversation

Lynchburg, VA – One in five adults in the U.S. experiences a mental illness, yet only 40% of people are treated during any given year, according to the National Alliance on Mental Illness. Left untreated, mental illness often leads to substance use, homelessness, and overcrowded prisons. Exercising too much, surfing the web constantly, spending too much money, and hoarding are just some of the traits that are manifested in people with an underlying, undiagnosed mental illness.

Horizon Behavioral Health invites Central Virginia to help advocate for removing the mask people hide behind, fighting the stigma that prevents people from pursuing treatment, and encouraging people to seek help for mental illness. During the month of May, join Horizon on social media as they discuss some of the common signs and symptoms of mental illness that are often ignored. Further, Horizon representatives will be at Sam's Club on Wards Road in Lynchburg on May 5 and May 19 (10 a.m. to 3 p.m.) as well as Bank of the James Main Street location on May 19 (9 a.m. to 2 p.m.) handing out information on mental illness and collecting donations for the treatment of those who cannot afford it. Look for Horizon employees and community members wearing green ribbons signifying their support of mental health awareness month.

"It is hard on the individual coming to terms with the impact of the disease of mental illness, and it is hard for families to watch a loved one deteriorate because of mental illness," commented Ella Range, an advocate for mental health awareness and a Horizon consumer. "I came to the place of contemplating suicide, but found my way back with the help of Horizon. Because I sought help, I'm still here. I want people to know there is help and there is hope."

Damien Cabezas, CEO for Horizon, commented that, "it is an important part of Horizon's mission to be a place of evidence-based, quality care for those with mental health issues. Statistics show that people with serious mental illness die, on average, 25 years earlier than others, and that is mostly connected to treatable medical conditions. We encourage people to talk about mental health disorders and seek treatment that can truly be life extending and lifesaving."

Horizon's mission is to support and promote the health, independence and self-worth of individuals and families in Central Virginia by providing a continuum of community-based prevention, early intervention, aftercare, and psychosocial rehabilitation services for persons affected by mental health, intellectual disabilities, substance abuse and co-occurring disorders.

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Attached to this release you will find a series of story ideas. We hope that you will reach out to us to discuss some of the issues attached and help continue the very important discussion around mental health.



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#MentalHealth | #HorizonCares | #Recovery | #FightTheStigma

#Depression | #Anxiety | #SuicideAwareness

Horizon Behavioral Health has been the primary public behavioral healthcare provider in the Region 2000 area for more than 47 years. In the last year, Horizon provided services to approximately 16,000 adults and children, addressing problems with mental health, substance use and intellectual disabilities. Horizon is accredited by CARF International. This represents the highest level of accreditation that can be given to a behavioral health organization.