



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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PRESS RELEASE FOR LOCAL MEDIA

To: Local Media Outlets
From: Central Michigan District Health Department
RE: CMDHD Promoting World Mental Health Day
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CMDHD is Promoting World Mental Health Day: October 10

Central Michigan District Health Department (CMDHD) is promoting World Mental Health Day, celebrated October 10. This year's theme, "It is Time to Prioritize Mental Health in the Workplace," provides a chance to promote global citizenship and mental health awareness by making workplaces healthier. Increased workplace stressors, like long work hours, not enough rest periods, and working around harmful substances, are associated with burnout and other stress-related mental health problems, according to [World Mental Health Day 2024](#).

"World Mental Health Day is a time to raise awareness, improve knowledge, and take actions to promote and protect everyone's mental health," said Lyn Campbell, CMDHD Community Health Supervisor. Mental health plays a vital role in a person's life, affecting their physical health, productivity in day-to-day life, and how they relate to others. This creates a direct impact on livelihood, success, and life satisfaction, according to the [World Health Organization](#).

Please take time to reflect on your own mental health and well-being; talk about how you can look after it and how important it is to get help if you are struggling. Consider regular reflection in one or more of the areas and activities below in taking care of your whole person – the physical and the emotional:

- Spend time in nature.
- Take time to learn about and manage your feelings.
- Seek support when needed from someone you trust.
- Be wary of using alcohol or other drugs to cope with struggles.
- Do your best to manage finances and seek help if needed to manage debt.
- Get adequate amounts of sleep.

Please visit us online at www.cmdhd.org.

- Practice kindness towards others even when it is difficult.
- Meet your movement needs; be active.
- Make healthy food choices.
- Be open-minded and curious and look forward to new experiences.
- Do not hesitate to seek help if you start to feel overwhelmed or out of control.

National Suicide Prevention Lifeline can be reached at 1-800-273-8255, or text HELLO to 741741 to reach a crisis counselor. You can also dial 988 for suicide prevention and mental health crisis help or chat with someone at 988lifeline.org. For non-emergency resources, dial 211 or text your ZIP code to TXT 211 (898 211).

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at www.cmdhd.org and follow us on [Facebook](#) and [Instagram](#).

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To request an interview, please visit our website (cmdhd.org) and fill out the [Media Interview Request Form](#).



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