



FOR IMMEDIATE RELEASE

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IMPOWER Celebrates Mental Health Awareness Month

May is Mental Health Awareness Month and IMPOWER is celebrating all month long with a robust slate of virtual events and digital awareness building initiatives.

Mental Health Awareness Month began in 1949 as a way to garner awareness for all aspects of mental health, but today mental health as a topic is more relevant now than ever.

1 in 4 individuals will be [diagnosed](#) with a mental health illness [this year](#) while depression costs the USA about [\\$210.5 billion](#) annually. In addition, suicide stands as the tenth leading cause of death for those aged 10 and up in the USA, and remains the second leading cause of death for people under the age of 34.

Sadly, the impact of COVID-19 is only further exacerbating these statistics. IMPOWER, a Seminole County based mental health and child well-being organization has seen the impact firsthand. Referrals for mental health services have increased by 84% in the first quarter of 2021 compared to the same time in 2020.

Yet, while the needs are truly great, many are still uncomfortable discussing mental health topics and seeking help. This is why IMPOWER continues to advocate and provide mental health services across Florida.

Throughout May, IMPOWER is shining the light on all aspects of the mental/behavioral health spectrum through special digital content, including social media posts, and by promoting original "IMPOWER themed" comic art by artist and illustrator [Lucy West](#).

Additionally, some of IMPOWER's community partners and friends ([AdventHealth](#), [The American Heart Association Orlando Chapter](#), [ClinCloud](#)) came alongside the organization as co-hosts for multiple virtual events on topics such as [compassion fatigue](#), food and mood, and mindfulness. Special resource flyers were also created for the month.

If you missed any of the activities, the full rundown of IMPOWER's Mental Health Awareness month happenings can be accessed [here](#). Its resources flyers can be found [here](#) and Lucy's comic art is housed in a digital gallery [here](#). You can also find content on its social media channels (@IMPOWERFL).

If you or someone you know is in need of support, we encourage you to reach out and take the first step to healing today. For more information contact IMPOWER at (321) 639-1224; ext. 2, via email at referrals@impowerfl.org or by visiting www.impowerfl.org.

About IMPOWER

IMPOWER, a 501 (c)(3) organization, is a leading non-profit behavioral health and child well-being organization focused on "inspiring life's potential". Established in 1994, IMPOWER serves more than 9,000 individuals and families statewide each year and has provided over 1m telehealth visits since 2011. Programs and services include: outpatient mental health and substance misuse treatment, youth residential substance abuse treatment and prevention, foster care/adoptions and youth transitional housing. For more information visit www.impowerfl.org

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