



May is Mental Health Awareness Month; DBHIDS is Here to Help

PRESS RELEASE

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May 1 marks the beginning of [Mental Health Awareness Month](#) – a time that reminds us to take stock of our own mental wellbeing, as well as the mental wellbeing of those around us.

The prolonged trauma brought on by COVID – including isolation and fear for our physical health – combined with ongoing racial and economic disparities inherent in our system, as well as gun violence, have tremendously impacted behavioral wellness for the people of Philadelphia.

Through a vast network of community-based providers, the City of Philadelphia Department of Behavioral Health and Intellectual disAbility Services (DBHIDS) ensures evidence-based best-practice treatments for trauma are available for individuals, families, and communities. Call 888-545-2600 to speak with a compassionate professional who will listen and connect you to services. If you are experiencing a behavioral health crisis, call the Philadelphia Crisis Line at 215-685-6440.

DBHIDS also is working to blanket the city with trauma supports by integrating and coordinating our many trauma programs and services into a continuum

Our efforts include expanding the most requested and effective programs - such as the [Network of Neighbors: A Trauma Response Network](#). Network of Neighbors is composed of community members trained to support and lead responses to stress, trauma, loss, and violence within their own communities. It's a powerful program that leverages the healing power of communities and provides the skills and supports for a lasting impact.

DBHIDS also is scaling up the [Engaging Males of Color](#) initiative and expanding the [Community Wellness Engagement Unit](#) for citywide coverage. You can learn more about Network of Neighbors and many other initiatives on our Boost Your Mood page at [DBHIDS.org/Boost](https://www.dbhids.org/Boost).

These supports, particularly around the impact of trauma, will continue to be highlighted throughout the month, and beyond, as DBHIDS maintains its focus on TEC – addressing Trauma, achieving Equity, and engaging Community. Trauma, Equity, Community. TEC.

As part of Mental Health Awareness Month, DBHIDS also has renewed its partnership with Radio One to host Mental Health Mondays on May 2, 9, 16, 23 and 30. The Mental Health Monday segments will air on 100.3 the Beat and/or Classix 107.9 covering a wide range of topics with experts and people with lived experience. The segments and additional promotions on Radio One will encourage listeners to visit [DBHIDS.org/boost](https://www.dbhids.org/boost) for wellness tips, emergency and non-emergency mental health phone numbers for children, adults, families, and communities, expert blogs, a free mental health self-screening, an extensive packet of downloadable information, and newly added resources to help address trauma and violence.

All of us have been, and continue to be, in difficult times. DBHIDS reminds you: It's OK to not be OK. You are not alone. DBHIDS is here to help.

Call 888-545-2600 for information, support, and referral connections. Or visit [DBHIDS.org/Boost](https://www.dbhids.org/Boost) for a full array of information, supports, and linkages. If you are experiencing a behavioral health crisis, call the Philadelphia Crisis Line at 215-685-6440.

About DBHIDS

The Department of Behavioral Health and Intellectual disAbility Services, part of the City of Philadelphia's Department of Health and Human Services, offers behavioral health care, intellectual disability supports and early intervention services in one comprehensive integrated system. For more information about DBHIDS, visit [DBHIDS.org](https://www.dbhids.org).

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