

FOR IMMEDIATE RELEASE

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Catalpahealth.org

Mental Health Awareness Month: A Community for Mental Health

APPLETON, Wis. (March 21, 2023) – Catalpa Health, a non-profit, pediatric mental health organization, is excited to participate in this year's national Mental Health Awareness Month campaign – Look Around, Look Within.

Mental Health Awareness Month is an annual observance designed to raise awareness for mental health issues and promote the importance of accessible mental health services. According to the Centers for Disease Control and Prevention, suicide is the 3rd leading cause of death for adolescents (15-19) behind accidents and homicide. The number of students feeling sad and hopeless almost every day has jumped to nearly 34%, a 10% increase over the last ten years, as stated in the Wisconsin Office of Children's Mental Health 2022 annual report.

“The statistics for today's pediatric mental health issues are sobering,” says Tracy Guiou, Catalpa Health President and CEO. “We are seeing a critical need for access to services that continues to rise – and need to address the health of this future generation by expanding programs, growing our team of providers, and engaging with our community on why these services are so vital.”

At Catalpa Health, we are committed to our mission of helping children and families improve their mental health and wellness. We believe everyone deserves access to quality mental health care, so our work is centered around providing education, resources, and support to children and their families even when their financial resources are limited.

Here are a few ways you can get involved in Mental Health Awareness Month and support Catalpa Health:

1. Donate directly at <https://catalpahealth.org/donations/> and support our programs and services!
2. Join us on May 25th at 7:30 am for Coffee at Catalpa, a community event to raise awareness about the mental health needs in our community.
3. Follow along on our social media accounts to learn more about mental health issues in our community and how you can support awareness of, and access to, mental health supports.

Catalpa Health encourages everyone to participate in Mental Health Awareness Month by taking steps to improve your mental health and wellness. You'll learn about the benefits of practicing self-care, reaching out to friends and family for support, or seeking professional help.

About Catalpa Health:

[Catalpa Health](#) is a non-profit, pediatric mental health organization that provides pediatric and youth mental health services including psychiatry, mental health therapy, and psychological evaluations to children and their families through clinics in Appleton, Oshkosh, and Waupaca. Additionally, mental health therapy services are offered in more than 40 area schools. Founded and managed as a collaboration between healthcare systems Ascension Wisconsin, Children's Wisconsin, ThedaCare, and our community, Catalpa Health is invested in community partnerships and works with other mental health providers to ensure that all children are receiving the right care at the right time, close to home. For more information on Catalpa Health, please visit our website at www.catalpahealth.org or follow us at www.facebook.com/catalpahealth.

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