

# Brown County: May is Mental Health Awareness Month

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*Local Organizations Partner with Brown County to Highlight Resources, Education*

(Brown County, Wis.) – In partnership with Connections for Mental Wellness, Brown County United Way 211, and Family Services Crisis Center, the Brown County Health and Human Services department has developed a new resource, the Mental Health Navigation Guide, to help community members best navigate their mental health needs.

“The Brown County community is rich with existing resources that are available to help those in need,” said Jeremy Kral, Brown County Health and Human Services Executive Director. “Many of the available services and resources are free of charge and can help anyone affected by mental illness. We want to highlight those resources and help people get access to the care they need.”

“Every single day mental illness impacts those closest to us, from children and teenagers, to parents and older adults,” says Brown County Executive Troy Streckenbach. “Learn the signs of mental illness and use this navigational guide to find the community resources to care for your loved one.”

Millions of people across the United States are affected by mental illness each year. One in five U.S. adults experience mental illness and 17% of youth experience a mental health disorder.

“Having a mental illness can make it challenging to live your everyday life,” said Holly Ladwig, Program Investment and 2-1-1 Manager for the Brown County United Way. “Our goal is to connect the right tools with the right people when they need it the most. Mental health care should be accessible and affordable to every person who needs it in Brown County.”

This Mental Health Awareness Month, it is our collective goal to bring our voices together to advocate for greater access to care, bring awareness to existing resources, and educate about the importance of mental health and how it contributes to everyone’s overall health. The multi-lingual flyer created is a great starting point to help those who might not know where to go or where to start.

You can visit the following websites for more information, resources, and guidance on where to find mental health care in Brown County:

- 211: <https://www.browncountyunitedway.org/2-1-1/>
- Connections for Mental Wellness: [www.myconnectionsnew.org](http://www.myconnectionsnew.org)
- Family Services Crisis Center: <https://www.familyservicesnew.org/crisis-center/>

To learn more about Mental Health Awareness Month you can visit: <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>