

# Spilling the Tea at CWC

October is National Mental Health Awareness Month in the United States. It is a time to focus on raising awareness about mental health issues, reducing stigma, and promoting access to treatment and support.

Mental Health Disorders affect nearly 1 in 5 adults in the US.

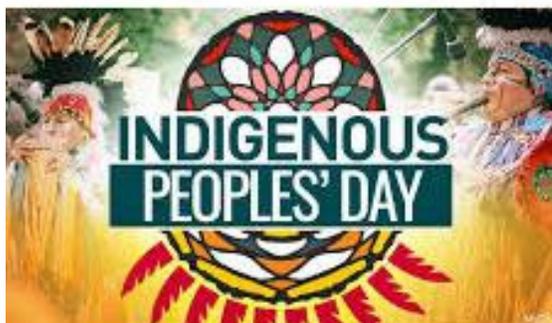
Over 50% of Americans will experience a mental health condition in their lifetime.



Untreated mental health conditions can lead to chronic health problems, substance abuse and violence.

Family, friends, and community members can play a vital role in providing support and encouragement to those struggling with mental health issues.

Remember, mental health is just as important as physical health. If you or someone you know is struggling with mental health issues, please reach out for help. There are resources available to support you.



Indigenous Peoples' Day is celebrated on the 2nd Monday in October. It is also called "First People's Day" and it is a day in honor of Native Indigenous Americans.