

Confidential Help For Alcohol & Drugs, Inc.

Mental Health Awareness Month

Inspirational TED Talk:

Conquering depression: how I became my own hero |
Hunter Kent | TEDxYouth@CEHS

**Confidential Help for Alcohol & Drugs,
Inc.**

75 Genesee Street Auburn, New York
315.253.9786

www.chadcounseling.org

Prevention Staff:

Jim Hodges, CPP

JimH@chadcounseling.org

Regina Delaney, MS, Ed.

ReginaD@chadcounseling.org

JoLynn Mulholland, BA

JoLynnM@chadcounseling.org



For free Mental Health Education Resources

go to:

everfi.com/k-12/mental-health-awareness-month

Depression
Anxiety
Addiction & Substance
Misuse
Bipolar Disorder
Post Traumatic Stress
Disorder
Eating Disorder
Obsessive Compulsive
Disorder
Personality Disorder
Schizophrenia

Get help right away if you're having suicidal thoughts or notice [suicidal behavior](#) in someone else. You can call the **National Suicide Prevention Lifeline at 800.273.8255**. This hotline connects you to a national network of local crisis centers that provide free and confidential emotional support. The centers support people in suicidal crisis or emotional distress 24 hours a day, seven days a week. In an emergency, call 911.

Getting an accurate diagnosis is the first step toward managing a mental health disorder. Make an appointment with your doctor.