



Thursday May 4, 2023

NATICK SUPPORTS MENTAL HEALTH

Natick Hosts Series of National Mental Health Awareness Month Events

NATICK, MA -- In recognition of National Mental Health Awareness Month, the Town of Natick is pleased to announce that it will be sponsoring a series of events and activities throughout the month of May to promote positive mental health and to amplify resources that can assist community members who experience mental health challenges.

“The Town of Natick is committed to participating in National Mental Health Awareness Month in order to encourage community members to take care of their mental health and to reach out for help when needed. It is important that we normalize community conversations about mental health in order to combat the stigma that has historically been a barrier to people seeking support,” said Jamie Errickson, Natick Town Administrator. “I’ve been proud to collaborate with municipal and community leaders to bring these events and activities to Natick residents, and I look forward to building upon these efforts even further in the future.”

The month will "kick off" on Thursday, May 4th, 5:00-6:00 PM with the launch of an interactive community art project at the Morse Institute Library. All are welcome and are encouraged to participate in the art display, check out some books about mental health recommended by Morse Library staff, and pick-up information on local mental health resources. Over the course of the following weeks, Natick residents will see Town buildings lit up at night in green, as well as green awareness ribbons and National Mental Health Awareness Month messaging throughout the community, including on a banner hanging over North Main Street in downtown Natick during the week of May 15th.

More information, plus a full calendar of events and updates about Natick’s efforts, can be found by following <https://www.facebook.com/NatickSupportsMentalHealth>. Events during the month include:

- May 8th, 7:00-8:30 PM (virtual): “Mental Health Essentials” webinar presented by Senate President Karen Spilka and featuring Mental Health Collaborative. Register at <https://karenspilka.com/mentalhealth>
- May 13th, 9:00 AM-1:00 PM (in-person): Mental health booth at the Natick Farmers Market. Stop by to learn about local mental health resources that are available to Natick community members.
- May 17th, 6:30-7:30 PM (virtual): “Youth Discuss Mental Health” webinar, presented by Families for Depression Awareness. Register at <https://bit.ly/YouthDiscussMentalHealth>
- May 24th, 6:00-8:00 PM (in-person): “QPR Suicide Prevention Training” presented by Natick 180 at the Morse Institute Library. Register at <https://bit.ly/Natick180QPRTraining>



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In addition to Town Administration, several municipal departments have participated in planning the month's events and activities, including the Natick Health Department, Natick Fire Department, Natick Police Department, Natick Community Services Department, and Natick Public Schools. The month's events would also not be possible without the efforts and support of the Morse Institute Library, SPARK Kindness, and the Natick Center Cultural District.

For more information, contact Jessica Cliff from the Natick Health Department at 508-647-6460 or jcliff@natickma.org. The latest updates about events can be found at <https://www.facebook.com/NatickSupportsMentalHealth>

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