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### **New Directions Behavioral Health Delivers New Resources for Mental Health Month**

*Free online toolkit helps bring hope and healing*

Kansas City, Mo. – May 4, 2017 – May is Mental Health Month. 1 in 4 Americans will have a diagnosable, treatable mental health condition sometime in their lives, yet only 44 percent will receive the help they need.\* To spread the word that mental illness is common and treatable, [New Directions Behavioral Health](#) developed a free resource toolkit.

**To view and download New Directions' Mental Health Resource Toolkit, visit**

<https://www.ndbh.com/mental-health-month-resources/index>

“Our mental health affects every part of our life,” Dr. Aron Halfin, chief medical officer of New Directions said. “This month we want to especially remind individuals how important it is to seek the help they need for themselves or their loved ones when facing a mental health or substance use issue. By taking action early, we can all reduce the impact of mental illness and substance abuse, as well as the stigma associated with them.”

The theme of New Directions' Mental Health Month campaign is “*It starts with you.*” Designed to focus on the impact each person can make, the campaign stresses the importance of getting help and aiding others.

The toolkit is intended to teach and inspire people to take an active role in their mental health and well-being, and to support others. By using and sharing the toolkit, organizations, companies and individuals can empower people to:

- Understand the importance of getting [help](#) and [treating mental illnesses early](#)
- Learn the [warning signs and symptom](#) of mental illness
- Know [what to say](#) to someone experiencing mental illness or addiction
- Find hope for recovery through reading [powerful stories](#) from others
- Practice important [self-care habits](#) to live healthy

[Download](#) and share these mental health resources today.

\* [\*The National Institute of Mental Health Disorders\*](#), part of the National Institutes of Health

### **About New Directions**

Founded in 1995, New Directions helps people live healthy, balanced lives. The fast-growing health care company provides managed behavioral health services, an employee assistance program (EAP), student assistance program, organizational consulting, and health coaching to private and public health plans, Fortune 100 companies, large and medium employers, and labor groups. For more information, visit [ndbh.com](http://ndbh.com).