



Yakima Health District

Media Release

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Yakima Health District recognizes May as National Mental Health Awareness Month

YAKIMA, WA – In observance of National Mental Health Awareness Month, the Yakima Health District is encouraging everyone in Yakima County to pause and care for their mental health. Mental health is just as important as physical health. It is crucial to ask for help when needed, utilize resources, and take time for self-care.

One way in which the Yakima Health District is supporting mental health is by providing **free** access to an evidenced based mental health program to assist anyone who lives or works in Yakima County. This program is called myStrength and has tools to help with anxiety, stress, depression, sleep quality, and other areas of life that can be challenging. Examples of activities include information on balancing emotions, pregnancy, early parenting, managing chronic pain, recovering from substance abuse, weight management and more. MyStrength offers programs that helps set goals and tracks progress. It includes hundreds of inspirational messages. Individuals are encouraged to visit the Yakima Health District website for more information on setting up a myStrength account today. It is available in English and Spanish for ages 13 and older at www.mystrength.com with the access code “YakimaCounty”.

In addition to utilizing this app, below are actions anyone can take to look after their mental health:

- Reach out to friends, family and loved ones. Check in through a text and simply ask, “How are you?”
- Individuals can check in on their mental health with an online screening tool. (Please note these tools are not an official diagnosis and should not be taken as medical advice)
- If individuals are experiencing excess stress, call Washington Listens at 833-681-0211 for support and resources.

Mental health wellness translates to physical wellness and nearly everyone needs help occasionally. If individuals find themselves or a loved one in a crisis or having thoughts of suicide, call the Suicide Prevention Lifeline at (800) 273-8255 or chat online. Confidential support is available 24 hours a day, seven days a week, 365 days a year.

Quote

“This year more than ever, we know each and every one of us has had times where we have struggled to get by. Whether it’s feeling hopeless, being irritable, or simply not having the energy to deal with even more bad news. We can all use some help. I encourage everyone to take



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advantage of the tools and resources that are available through the **myStrength app**. **If you need professional help, please reach out to one of the behavioral health providers in the area or call 2-1-1 for assistance in finding a provider.**” said Lilian Bravo, Yakima Health District’s Director of Public Health Partnerships.

Additional Information

[Yakima Health District’s Mental Health Awareness Efforts](#)

[Practice the Pause](#)

[Virginia Mason Memorial Line](#)

[Comprehensive Mental Health Line](#)

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