

“The mentally ill frighten and embarrass us. And so, we marginalize the people who most need our acceptance. What mental health needs is more sunlight, more candor, more unashamed conversation.” – Glenn Close



Make Your Calls Today!

You can take the challenge today by using a variety of strategies, including phone, text, web, social media and other applications and Zoom technologies, to reach out and offer mental health support to at least 5 individuals on a daily basis over the next month, during these extremely challenging and stressful times.

CMHD'S STRIVE FOR 5 CHALLENGE

The challenge is simple: find five people in your life and check-in with them every day for the next 30-days. Strive for 5 awareness campaign to help individuals and families cope with feelings of stress, anxiety, and isolation by connecting with others.

