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OCHN Acknowledges Mental Illness Awareness Week and World Mental Health Day

OAKLAND COUNTY, MI (October 8, 2024) – Oakland Community Health Network (OCHN) has joined the nationwide efforts to recognize this week as Mental Illness Awareness Week (MIAW). MIAW serves as a time to raise awareness about mental health and promote mental well-being.

This year, MIAW's theme is "My Mental Health at Work". This theme aims to highlight how mental health is impacted by workplace culture. The National Alliance on Mental Illness (NAMI) has provided resources through a toolkit this MIAW. To view the toolkit [click here](#).

Additionally, October 10th serves as World Mental Health Day. World Mental Health Day aims to promote mental health and uplift those who have struggled with mental illness on a global scale. Furthermore, it provides an opportunity for all stakeholders working on mental health issues to discuss their work and collaborate further to advance mental illness initiatives around the world.

Nearly 1 in 5 individuals experience some type of mental condition each year. Good mental health is essential for good overall health and well-being. Both Mental Illness Awareness Week and World Mental Health Day serve as opportunities to improve knowledge, raise awareness and drive actions that promote and protect mental health for all individuals.

Individuals struggling with a mental health challenge can call OCHN's Access line at (248) 464-6363 or visit oaklandchn.org. For immediate help, call, text, or chat the Suicide & Crisis Lifeline at 988 (24/7) or visit 988lifeline.org.

About OCHN

OCHN is contracted by the Michigan Department of Health and Human Services (MDHHS) to lead a provider service network and manage care for approximately 29,000 Oakland County residents at more than 400 service sites across the county. People who receive public behavioral health services through OCHN's provider network include those who have an intellectual or developmental disability, mental health concerns, or substance use disorder. Most of these individuals have Medicaid insurance coverage.

OCHN's goal is to ensure these individuals are aware of and have access to services and supports that will improve their health and quality of life, as well as ensure their engagement in full community participation. Its mission to "inspire hope, empower people, and strengthen communities" reflects an unyielding belief in a "Valuable System for Valued People." Programs and supports provided by OCHN's service network are available at www.oaklandchn.org.

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