



Village of Mount Prospect **Press Release**

Village Holding 6th Annual Mental Health Matters Event

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Mount Prospect, IL – The Human Services Department is announcing the 6th Annual Mental Health Matters community event, taking place on Friday, June 5, from 5-6:30 pm at the Edwin & Elsie (Meyn) Busse Pocket Park. This wellness event is once again partnered with Fridays on the Green to take place before the concert begins at 6:30 pm.

This “Feel Good Friday” event will highlight a variety of ways one can take care of their mental health. Mental Health Matters is free, family-friendly, and will feature music by DJ Scottify, a free Kona Ice cup for the first 150 attendees, kids’ activities, a resource fair with wellness groups, mental health and substance use prevention agencies, and the Heroin Epidemic Relief Organization (HERO) - Hidden in Plain Sight Trailer. HERO volunteers will also provide free NARCAN demonstrations.

It is not uncommon for members of the community to experience barriers such as not having health insurance, long waitlists, and a lack of knowledge on available resources to access mental health and substance use services. The Human Services Department created this annual event to increase awareness on mental health topics, reduce stigma around seeking help, and provide opportunities for the community to meet local agencies all in one place.

Visit the Village website for additional information, including a list of participating agencies and providers: <http://www.mountprospect.org/MHM>.

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