

# May is Mental Health Awareness Month

*We all feel  
overwhelmed,  
discouraged  
or anxious at  
some point.*



*Resources  
are available.*



*Assembly Minority Leader*

**BRIAN M. KOLB**

# MAY IS MENTAL HEALTH AWARENESS MONTH



Assembly Minority Leader Brian M. Kolb knows mental health impacts many in our area.

That's why he put together a Mental Health Task Force of healthcare providers and civic leaders to start the conversation in our community. The task force has distributed informational tool kits as a resource to further educate and advise us on the mental health services available.

## *For more information on Mental Health Resources:*

- **Ontario County Department of Mental Health**  
(585) 396-4363  
[www.co.ontario.ny.us/index.aspx?NID=99](http://www.co.ontario.ny.us/index.aspx?NID=99)
- **Seneca County Office of Mental Health**  
(315) 539-1980  
[www.co.seneca.ny.us/departments/community-services/mental-health-hotline/](http://www.co.seneca.ny.us/departments/community-services/mental-health-hotline/)
- **211 Lifeline** Assistance and referrals for emergency food, shelter, clothing, crisis counseling, substance abuse issues, employment, financial and legal issues, physical and mental health needs, and more. If you need help, just ask! ***Where to call when you don't know where to call.*** Dial 211 or visit [www.211lifeline.org](http://www.211lifeline.org)

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