



FOR IMMEDIATE RELEASE

August 21, 2020

Local Mental Health Nonprofits and Practitioners Form Community-Wide Partnership

*Mental Health JH will Provide a Bridge for Discussions, Resources,
and Funding Around Mental and Behavioral Wellness*

Jackson, Wyoming – Recognizing mental health as a cornerstone to wellness and knowing that many in our community do not have resources or knowledge of services available; valley experts from local nonprofits and private practices have joined together to form **Mental Health JH** with funding support from St. John’s Health Foundation (SJHF) and the Community Foundation of Jackson Hole.

Mental Health JH is a collaborative initiative that leverages resources from St. John’s Health, Teton Youth & Family Services, Jackson Hole Community Counseling Center, Curran Seeley Foundation, Community Safety Network, private practice offices, and Jackson Hole nonprofits to address mental health care in the Greater Teton Region. Their primary goal is to reduce the stigma of mental health while providing access to resources and knowledge throughout our valley.

This month, Mental Health JH is launching its “Let’s Talk” campaign, which aims to shed light on mental health issues that adults, children and families face, and to let them know there are resources available to them and their friends, family and co-workers. This awareness campaign will be a joint effort with contributions and expert advice from local nonprofits and private practitioners. The Mental Health JH collaboration is supported by a generous grant from the Community Foundation of Jackson Hole, who see the need for mental and behavioral resources and are excited to be a part of this effort to elevate the great work being done across the community.

“Jackson Hole’s beauty sometimes hides the fact that many are suffering or possibly coping badly with the daily stresses that seem to be compounding, even more, this year. We know the two biggest barriers to seeking help are affordability and stigma,” says the Jackson Hole Community Counseling Center Executive Director Deidre Ashley. “We are proud to be supporting this effort and are thrilled that so many fellow nonprofit experts and private mental health providers are teaming up to address mental health and wellness in our community.”

For folks in our community who are seeking services and concerned about affordability, St. John’s Health Foundation’s Mental Health Fund joins with other local nonprofits and practitioners to provide for up to six mental and behavioral health visits for FREE. Local

nonprofits who have been invested in this work for decades in our community, as always, continue to offer their services throughout the valley. Local nonprofits and private practices are partnering with SJHF in helping make care available to anyone who needs it in the Greater Teton Region.

“We have seen an increasing need this year around our community and region concerning mental health and wellness,” says St. John’s Health Foundation President John Goettler. “In mountain towns, we often place a lot of value on our physical health, and sometimes when our mental health suffers, we lack the tools and resources to address that need. We hope that Mental Health JH will shine a light on this issue and be a bridge to help and services.”

“Mental and behavioral wellness is essential to our lives. It is often one of the first elements that suffer when we are busy, stressed, or dealing with challenges,” says Curran Seeley Executive Director Trudy Funk. “How we cope with these changes and stress might also compound these issues. Learning how to navigate and manage stress, fear, financial insecurity, anxiety and more are critical to a healthy life.”

For more information on St. John’s Mental Health Fund, email Lindsay Long at llong@stjohns.health or call/text at 307-203-7880.

For more information on Mental Health JH and valley resources visit mentalhealthjh.org.

If you or someone or someone you know, is experiencing a mental health crisis, please contact Jackson Hole Community Counseling Center’s crisis line, 733-2046, or the national suicide prevention hotline, 800-273-TALK. Those who need help can also text HOME to 741741 or simply dial 911.

####

Media Contact:

Jessica Jaubert
jessica@threeelephantpr.com
307-203-6288