



**GIVE GOOD
ENVIRONMENTAL HEALTH**

GIVE GOOD SPRING 2023 ENVIRONMENTAL HEALTH

Dear Friend,

Three years ago Covid-19 dramatically changed the climate of mental health care. Here at CMHC, we never stopped providing in-person care. Even in the height of the pandemic, nearly 50% of services happened in person. At the same time, we rapidly transitioned to tele-mental health, increased our community visits and street outreach, and took advantage of working with our clients outdoors and in nature.

Today, anxiety and depression are on the rise—especially among young people—and will have a cascading and generational impact on mental health and wellbeing in the years ahead. We also know the effects of climate change are contributing to increased stress, anxiety, and depression. As a community, as a nation, we will need new approaches, new partners, and a renewed commitment to meet these mental and environmental health challenges.

We can do it together.

Your gift to the CMHC Foundation builds on the high-quality care CMHC provides every day to people who need it most and supports promising initiatives that can lead to good mental and environmental health:

- **Street Psychiatry**, meeting the needs of socially and economically dislocated people living outdoors
- **CMHC Cycles**, refurbished bikes for clients to ride for health, recreation, and transportation independence
- **Community Gardening**, on-site at CMHC and nearby in the Hill North Neighborhood Garden

We must also address the social and economic climate in our community. Your support benefits public education programs, partnerships with area high schools, and community engagement efforts that raise awareness of the social dimensions of mental health and addiction issues. And your contributions fund emergency financial assistance for our clients caught in a tightening economic squeeze.

Renew your commitment to good mental and environmental health today!

Donate online at www.cmhcfoundation.org or send your check using the enclosed envelope.

With gratitude for all we can do together,



Laura Goldblum, *President*



Kyle Pedersen, *Director*



Connecticut Mental Health Center & Foundation
our community mental health center
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