What's been going on at the PTMHC?

September is suicide prevention month

As we head into fall, the Proviso Township Mental Health Commission is looking back at a busy August and looking forward to another month of community events, partnerships, and opportunities to make a difference in Proviso Township

Before we get into what's in store for September, a look back at August shows just how much has been going on in our communities. Some of the highlights were the annual Proviso Public Partnership (PPP) golf outing which raised money to help support mental health throughout the Township, especially in our schools where the PPP does much of its work. You can learn more about what the PPP does at their website, www.pppnfp.org.

We were also thrilled to be part of the annual Way Back Inn Rebuilders Fundraiser. The Way Back Inn has been a pillar of Proviso Township for decades, delivering addictions counseling that truly saves lives. You can learn more about the Way Back Inn at their website www.waybackinn.org.

The PTMHC was also happy to participate in the Housing Forward Block Party held at Schroeder Park in Broadview. Community events like these provide great opportunities to share information about the agencies that we fund, like Housing Forward. The work that Housing Forward does to end homelessness in Proviso Township is truly inspiring. You can learn more about them at www.housingforward.org.

Thank you to everyone who participated, volunteered, and supported these events! We appreciate your continued partnership.

September is Suicide Prevention Awareness Month. It's a time to raise awareness, encourage conversations about mental health, and remind others that they are not alone. Elyssa's Mission is dedicated to preventing suicide among teens and the PTMHC is proud to helps to fund them. Learn more about their incredible work at www.elyssasmission.org.

We can all make a difference by checking in on one another, listening without judgment, and sharing resources. If you or anyone you know is in danger of harming themselves, know that there is help. Anyone can text or call 988 to be connected with a real person who can help. You are not alone.

Also in September is the annual fall benefit fundraiser for Community Assisted Rides, Cruisin for a Cause. This organization is dedicated to making sure that seniors can continue to get around their communities by providing free transportation for seniors who

do not drive. Learn more about them and their upcoming benefit at www.communityassistedrides.org.

We look forward to all that September has to offer. See you around the Township!