

## **Town of Acton**

Town Manager

John S. Mangiaratti

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### **FOR IMMEDIATE RELEASE**

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## **Town of Acton Launches Programming in Recognition of Mental Health Awareness Month**

ACTON — Town Manager John Mangiaratti and Community Services Director Laura Ducharme share that the Town of Acton is sponsoring two programs geared toward parents, community members, and professionals as part of Mental Health Awareness Month.

Mental Health Awareness Month — recognized in May — aims to eradicate the stigma surrounding mental illness as well as promote strategies and provide support for prioritizing mental health.

The Town of Acton will sponsor two programs for residents of all ages to support community members' mental health.

**Youth Mental Health First Aid** will take place on Thursday, May 30, from 9 a.m. - 3 p.m. at Acton Town Hall, Meeting Room 204, 72 Main St.

This training program will teach adults how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. To register, please reach out to Regional Community Health and Wellness Coordinator Brittany Nash at [bnash@westfordma.gov](mailto:bnash@westfordma.gov).

**Breathe for Change** — a guided meditation program — will occur on Friday, May 10, and Friday, May 17, from 10-11 a.m. at Acton Memorial Library, 486 Main St. Those who are interested may register online at [actonmemoriallibrary.org/calendar](https://actonmemoriallibrary.org/calendar).

Programs are being facilitated by Brittany Nash, Health & Family Services Director Penelope Funaiole and Director of Libraries Maria Palacio are department sponsors.

Funding for both programs was made possible through North West Public Health Coalition, which serves Acton, Westford, Lowell, and Dracut.

Those with questions regarding the Mental Health Awareness Month programming should contact Laura Ducharme at 978-929-6651 or [lducharme@actonma.gov](mailto:lducharme@actonma.gov).

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**A message from the Town of Acton**