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THE BRIEN CENTER ANNOUNCES COMMUNITY CONVERSATIONS

PITTSFIELD- As part of Mental Health Awareness Month, The Brien Center welcomes the public to attend Community Conversations. Occurring every Tuesday in May, Community Conversations will cover Loneliness: Causes, Coping, and Creating Change. Featured speakers will be Dr. Jennifer Michaels, MD and Jennifer Kircher, LMHC from the Brien Center. “These events aim to provide valuable resources to individuals and help to foster a deeper understanding of mental health issues and positive well being.” said:

Conversations are scheduled from 5 – 6 pm at the following locations:

May 7 – Berkshire South Community Center
May 14 – Pittsfield Public Library
May 21- North Adams Public Library
May 28 – Lenox Library

Mental Health Awareness Month, celebrated each May, was first recognized in 1949, it has never been more important than now to recognize the role mental health plays in our overall well-being and the value in raising awareness and helping those in need receive treatment. Many individuals are experiencing increased levels of stress, anxiety, and depression.

“As we commemorate Mental Health Awareness Month, let’s reaffirm our commitment to fostering a culture of empathy, understanding, and support. Remember, help is available, and you are not alone.” stated Christine Macbeth, President and CEO of the Brien Center.

The Brien Center advises anyone facing a mental health crisis to call the Suicide and Crisis Lifeline at 988, for 24/7 support and referral to resources. The 988 number connects to an existing network for mental health service providers, including the Brien Center’s Community Behavioral Health Center, which may be reached by calling 800-252-0227.

About the Brien Center: The Brien Center is a community-based, non-profit agency with over a 100-year history of providing a continuum of care for children, adolescents, adults, and families with serious and persistent mental health and substance use disorders. We are committed to ending the stigma that shadows mental illness and addiction.

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