



# BRIGHTER DAYS

Behavioral Health Tips and Tools

January 2025



As we start a new year, we reflect on the progress we've made and look forward to the opportunities ahead. At the Brien Center, we are committed to providing compassionate, comprehensive mental health and substance use services to individuals and families across our community.

## Mental Health Tips for a Healthy Start to the Year

As we step into 2025, here are a few tips to help you start the year with a focus on mental health:

- **Set Small, Achievable Goals:** Break down your bigger goals into manageable steps. Small victories build confidence and momentum.
- **Practice Self-Compassion:** Be kind to yourself. Growth and healing take time. Treat yourself as you would a friend—gently and with care.
- **Stay Connected:** Whether through support groups, therapy, or simply talking with loved ones, stay connected to those who lift you up.
- **Prioritize Sleep and Nutrition:** Good mental health starts with physical health. Make sure you're getting enough rest and eating balanced meals.
- **Reach Out for Help:** No matter where you are on your journey, remember that it's okay to ask for help. Our team is here to support you.

## Did You Know?

Here are some interesting facts you may not know about us:

- **Serving Our Community:** The Brien Center serves nearly 10,000 individuals each year, providing essential mental health and substance

- use services across all age groups, from children to seniors.
- **Crisis Intervention:** Our 24/7 Crisis Hotline ensures that no one faces a mental health or substance use emergency alone. Whether it's day or night, our trained professionals are available to provide immediate support, guidance, and care for individuals in crisis. **800-252-0227**
- **Mobile Crisis Response:** We have a **Mobile Crisis Team** that can respond to mental health emergencies right where you are, whether it's at home, a public space, or elsewhere in the community. This service helps de-escalate situations and connect individuals with the care they need, avoiding unnecessary hospitalizations.
- **Substance Use Recovery Support:** Did you know that more than 50% of our clients in recovery from substance use have participated in one or more of our peer support groups? These groups provide a valuable space for individuals to connect with others and continue their healing journey.
- **Expanding Access to Telehealth:** We've made mental health and addiction care more accessible with telehealth services, allowing clients to receive support from the comfort of their home.
- **Youth Services Are Growing:** The Brien Center's Youth Services are expanding to provide more support for young people in need. One standout initiative is the Patrick Miller Youth Substance Abuse Prevention Program, which is dedicated to helping young individuals make healthy choices and avoid substance misuse.

### From Our Clients

The Brien Center has been a lifesaver for me. The support and care I received helped me through some of my toughest times. I'm incredibly grateful for the team and the resources they provided to help me heal and move forward.

— Elizabeth D.

### Help Us Continue Making a Difference

We are reminded that the Brien Center's work is made possible by the generosity of donors, employees, and supporters like you. Your contributions allow us to provide much-needed services for individuals struggling with mental health challenges, substance use, and dual diagnoses.

How Your Gift Makes a Difference:

- Enhanced access to mental health and substance use care
- Expanded crisis services and treatment programs
- Reduced stigma through community education on mental wellness

Your gift is more than just a donation; it's an investment in the well-being of our community. Every contribution, no matter the amount, helps make a difference in the lives of those who need it most.

**Donate Today Thank You!**

Keep in touch!



The Brien Center | PO Box 4219 359 Fenn  
St. | Pittsfield , MA 01202-0412 US

[Unsubscribe](#) | [Update Profile](#) | [Constant  
Contact Data Notice](#)



Try email marketing for free today!