



BRIGHTER DAYS

Behavioral Health Tips and Tools

May 2025



IN THE COMMUNITY Berkshire Baby Bonanza

This past weekend, we were proud to participate in the Berkshire Baby Bonanza, joining our North County partners to share early childhood resources and connect with families.

*"We're always grateful for the opportunity
to engage with our community in meaningful ways —
it's where healing and hope begin."*



May is Mental Health Awareness Month

This month is a time to come together as a community, break down stigma, and recognize that mental well-being is just as important as physical health. At the Brien Center, we are proud to stand alongside individuals and families across Berkshire County who are working toward recovery, resilience, and hope every day. This month, we invite you to learn more, start conversations, and help us create a more supportive, mentally healthy community for all.

Practical Tips for Mental Wellness

Here are a few simple ways to care for your mental health this month:

- Take 10 minutes to go for a walk and breathe deeply
- Set small, achievable goals for your day
- Connect with a friend or loved one — even a short check-in matters
- Limit social media when you're feeling overwhelmed
- Reach out for help — talking to someone can make all the difference

Remember: Taking care of your mental health is a form of strength.

Mental Health Insights

Check out our latest blogs to inform, inspire, and support your mental health journey:

- Recognizing Mental Health Struggles in Yourself or a Loved One
- Overcoming Mental Health Stigma in Our Community
- How the Brien Center Can Help: Our Services Explained
- Self-Care Practices That Support Mental Wellness
- Mental and Physical Health: A Two-Way Street
- The Power of Social Support in Recovery

Read them all on our website:

[Mental Health Resources](#)

Need Support? We're Here.

If you or someone you care about is struggling, don't wait. Call us.

We offer a full continuum of care for mental health and substance use recovery — from crisis intervention to outpatient therapy and beyond.

Learn more or connect with us:

www.briencenter.org

Questions or Appointments: 413.499.0412

24/7 Crisis Hotline: 800-252-0227

We are here to help.

The Brien Center Team

*"Asking for help was hard, but it changed everything.
The Brien Center helped me find stability and strength."
— Brien Center Client*

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