GIVE HOPE: **Mental Wellness**

**(*Use this article to promote this cause area in newsletters, publications, and intranet sites.*)**

According to the National Institutes of Health, mental illnesses, defined as mental, behavioral, or emotional disorders, are very common in the United States. More than one in five U.S. adults live with a mental illness. That adds up to 57.8 million people! Most likely, this means that most Americans have someone close to them struggling with mental health.

The more we normalize mental health conversations, the closer we can get to helping everyone live their best life. When it comes to the mental wellness of individuals and communities, CFC charities are often on the frontlines, providing resources and life-saving care such as workshops, online resources and education, hotlines, professional therapists and doctors, and improvements to the community through collaborative spaces.

**Here are a few examples of how when you GIVE HAPPY through the CFC, you can GIVE HOPE through charities working in the mental wellness cause area:**

* Train first responders to better identify individuals suffering from mental episodes and at-risk behavior.
* Host summer camps for troubled children.
* Provide counseling services for veterans suffering from PTSD.

Learn more and GIVE HAPPY today at GiveCFC.org.