

DHS promotes resources for National Self-Help Awareness Month

While the new year is often a time when many people are focused on improving their physical and financial health, the Department of Human Services is working to ensure that optimal mental health also remains a consideration.

As part of National Self-Help Awareness Month, a January observation, DHS is partnering with PA 2-1-1 SW and the Allegheny County Library Association to promote awareness of local resources. In addition to a resource list on the DHS website, the DHS Office of Community Relations (OCR) has created an informative bookmark comprised of tips for better living and contact information for organizations offering help and supports. These bookmarks have been distributed to the 46 libraries in the Allegheny County Library Association (ACLA) and are available to all library patrons.

To learn more about DHS's National Self-help Awareness Month efforts, please visit <http://www.alleghenycounty.us/Human-Services/News-Events/Public-Awareness/Self-help-Awareness.aspx>.