

Help Happens Here

Mental health concerns and substance use issues are common and can affect anyone.

Each year, 1 in 5 adults experiences some kind of mental health challenge and nearly 10% of the population over the age of 12 has used an illegal substance in the past month. Many people don't know where to get help or if they can afford it. Fortunately, treatment for these concerns is effective and change is possible.



What is Help Happens Here?

Early intervention for mental health and substance use challenges is important, but many people don't know where to go for help or are concerned that they cannot afford care. The new Help Happens Here website, www.helphappenshere.org and referral line (434-227-0641) can be of assistance. The Help Happens Here campaign can provide residents with the tools to:

- Recognize signs of mental health and substance use issues and get help or help a loved one.
- Find free or affordable mental health and substance use services.

How do I get started?

If you are struggling with mental health or substance use concerns, or know someone who is, visit the Help Happens Here website for information on affordable, quality treatment services. Many services are available, even to those who are uninsured. If you have insurance or a primary care doctor, be sure to talk with them about your concerns, and ask them to refer you to in-network mental health and substance abuse services.

For more information: Visit www.HelpHappensHere.org or call the free referral line (434) 227-0641 to learn more, Monday—Friday between the hours of 9 am and 4 pm. After hour calls are answered in one business day. For free Help Happens Here materials, email Rebecca.Kendall@regionten.org.



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