

For Immediate Release

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Annual Mental Health Awareness Walk to be Held on May 1

Punta Gorda, FL (April 6, 2021) – The pandemic and “Pandemic Fatigue” have hit our community hard.

To draw attention to the issue and advocate for mental health, Charlotte Behavioral Health Care (CBHC) will lead their annual Mental Health Awareness Walk. The walk, attended by more than 200 people each year, draws support from many individuals living with mental illness, as well as their friends and families.

The public is invited to join us on Saturday, May 1st at 9:00 a.m. at Lashley Park. There will be a brief program where community members share their inspiring stories. Then, we’ll embark on a scenic 1/2 mile walk through our beautiful Harbor Walk in effort to raise awareness for mental health. Guests are encouraged to bring lawn chairs, and abide by social distancing guidelines. Free mental health screenings will be available to all guests. This is a pet-friendly/kid-friendly event. No registration necessary.

The theme of this year’s walk is *Bee Heard*, as we want our community members to stand up and “Bee Heard” as an advocate for mental health in these uncertain times. Our community’s leading partners in mental health will be there with information tables. Enjoy music, free T-shirts to first 100 walkers, and free refreshments & snacks.

“A record number of individuals in our community are experiencing mental health and recovery struggles,” said Kelly Pomerville, CBHC’s director of marketing & public relations. “We’ve seen a 200% increase in involuntary Marchman Acts since the beginning of the pandemic, and Florida overall has had a 38% increase in overdose deaths since the start. In addition, the latest stats show that the rate of suicide death in Charlotte County is 24.04 (rate per 100,000) in a single year – nearly double that of Florida’s overall rate of 14.5.”

For more information or to reserve a provider table please contact Pomerville at kpomerville@cbhcf.org or 941.639.8300 ext. 2275.

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