



Press Release
FOR IMMEDIATE RELEASE

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Breaking the Silence on Mental Health Awareness

Reeves Regional Health observes Mental Health Awareness Month during May.

PECOS, Texas (May 13, 2024) – Mental illnesses affect one in four adults each year, contributing to the onset of serious medical conditions such as depression, bipolar disorder, and schizophrenia, among other conditions. May is Mental Health Awareness Month, and Reeves Regional Health (RRH) is observing this nationwide program to recognize the importance of mental wellness among all of us.

Mental Health Awareness Month was created to raise awareness about mental health issues, reduce the stigma surrounding mental illness, and promote mental wellness. It aims to educate the public about the importance of mental health, advocate for policies that support cognitive healthcare, and encourage people to seek help when needed.

"Mental health awareness is more than just recognizing individual struggles and seeking help when needed; it is also about preventing illness through the promotion of mental health self-care and well-being. We can empower individuals by providing mental health literature and various resources and acknowledging our collective responsibility to support and uplift one another," says Crystal G. Lujan, a Licensed Professional Counselor-Associate (LPC-A) at RRH under supervision by Eleazar R. Cano, LPC-S. "Through compassion, understanding, and advocacy, we can create a community where mental health is valued, stigma is reduced, and everyone has access to the resources they need to thrive."

The awareness program began in 1949 as Mental Health Week and was later expanded to a month-long observance. Since its founding, it has grown into a global movement, with many countries recognizing May as Mental Health Awareness Month.

In the U.S., various mental health issues impact millions, shaping daily life. Anxiety, depression, bipolar disorder, post-traumatic stress disorder (PTSD), attention-deficit/hyperactivity disorder (ADHD), eating disorders, substance use disorders, and schizophrenia are prevalent. Seeking support and understanding is crucial for effective management.

Mental health issues are treated using various methods tailored to individual needs. These include therapy, medication, support groups, lifestyle changes, and peer support. Hospitalization may be necessary during crises. Collaboration with mental health professionals and support from family and friends is crucial.

Locally, Lujan is an LPC-A who sees clients from her office at Reeves Regional Rural Health Clinic.



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An LPC-A is a mental health professional who provides therapy and counseling services. They hold a master's or doctoral degree, are trained in various therapeutic approaches, and work in diverse settings to help clients improve their mental well-being.

A licensed professional counselor can help mental health by providing personalized support, teaching coping skills, offering a safe space to explore emotions, and guiding individuals toward positive changes and growth.

"I believe in the transformative power of counseling," Lujan says. "It's not just about healing wounds; it's about empowering individuals to rewrite their stories, reclaim their strengths, and navigate life's challenges with resilience and self-awareness."

Born and raised in Pecos, Lujan says that her local upbringing allows her to give residents a unique perspective while providing services to various individuals and groups.

Lujan provides various counseling services, including individual, group, and family counseling.

Individual counseling services offer one-on-one personalized support and guidance for addressing mental health concerns. Group counseling services provide a supportive environment for individuals to share experiences, receive feedback, and learn coping strategies together. Like group counseling, family counseling services offer a space for families to address conflicts, improve communication, and strengthen relationships with professional guidance and support.

Sessions are \$75 for the first visit and \$35 for follow-up visits. While insurance plans are not currently accepted, a sliding scale rate is available for frequent patients (this part should be deleted as the scale is only for those that may need financial help)

For more information about local counseling services, to see if it is right for you, and to schedule an appointment, please call 432-447-0565.

For more information about local healthcare programs and services, please visit www.reevesregional.com.



About Reeves Regional Health

Reeves Regional Health (RRH), formally known as Reeves County Hospital District, provides healthcare services for Reeves County and neighboring West Texas communities. Founded in 1954, RRH, a Level IV Trauma Center, offers various medical services, including emergency care, diagnostic imaging, physical therapy, general surgery, a clinical laboratory, and more. RRH also operates Reeves Regional Home Health and Hospice and Reeves Regional Rural Health Clinic. In November 2022, RRH began serving patients from a new \$115 million, 140,000-square-foot campus. For more information, please visit www.reevesregional.com.

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