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**FOR IMMEDIATE RELEASE**

May 26, 2021

**MHCET CELEBRATES MENTAL HEALTH AWARENESS MONTH***Comprehensive Mental Health Service Provider Offers Educational Resource Conference*

**CALIFORNIA:** In honor of mental health awareness month, the Mental Health and Recovery Counseling Education and Training team welcomes the community to attend a virtual conference. As a result of the COVID-19 pandemic, more individuals than ever are isolated and struggling with untreated mental health diagnoses. MHCET works with community partners to pair individuals and families with desperately needed resources. A remote service model and seamless continuum of care provide accessible treatment for individuals in all stages of life. 2021 is the time to end mental health stigma and put in the work to ensure mental health care is accessible to all. All persons are deserving of a fulfilling and healthy life.

Since first starting in 2018, MHCET has provided accessible mental health services, educated the public, engaged struggling individuals, fostered community advocacy, improved equitable access to care, and fought to end mental health stigma. MHCET is excited to announce the names of two incredibly accomplished mental health advocates speaking at the conference. Jurline Redeaux (MSW) worked as a child welfare advocate in the LA County DCFS system for over 18 years. She is a cancer survivor, author, and CEO. Angela Westbrook is the VP of Global Operations for Lyft. She serves on the MHCET advisory board and shares her experiences as a caregiver navigating the complex mental health system. Both of these women bring immense passion, professional knowledge, and lived experiences to the conversation.

Millions of Americans are living with one or more mental health diagnoses. Mental health awareness month is a national movement aiming to provide education while reducing stigma. Participate in this conference to learn about mental health and how to support caregivers and individuals. The material covered in this conference applies to all service areas. Therefore, this conference is open to everyone regardless of location. The virtual conference will take place on Saturday, May 29th, 2021, from 1:00 to 2:00 p.m. To secure a spot, please register at <https://www.mhrcet.org/mhc-2021/>.

For more information about the Mental Health and Recovery Counseling Education and Training non-profit organization, please visit <https://www.mhrcet.org/>.

**ENDS****For further information, please contact “name.”**

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