



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



**June
2023**

Month

LGBTQ Pride Month
Men's Health Month
PTSD Awareness Month
Alzheimer's and Brain Awareness Month
Tourette Awareness Month

Week

National Men's Health Week
(June 12-18)

Day

Action Anxiety Day
(June 1)
Alzheimer's and Brain Awareness Day
(June 21)
International Day of Yoga
(June 21)
International day Against Drug Abuse and trafficking
(June 26)
PTSD Awareness Day
(June 27)

To learn more visit:

<https://sacwellness.com/mental-health-awareness-calendar/>

Alzheimer's and Brain Awareness Month

Alzheimer's disease is a progressive brain disorder that typically starts with mild memory loss, confusion, and difficulty with problem-solving. As it progresses, it can lead to more severe symptoms, such as the inability to communicate, recognize loved ones, and carry out basic tasks.

This article looks at what Alzheimer's Awareness Month is and how people can get involved.

Alzheimer's Awareness Month aims to raise public awareness about Alzheimer's disease and its impact on individuals, families, and communities. The month is an opportunity to educate people about the signs and symptoms of the disease, the risk factors, and the importance of early detection and diagnosis.

Alzheimer's Awareness Month also promotes research into the disease's causes, treatments, and potential cures. The month provides an opportunity to raise funds for research and support services for those living with Alzheimer's and their families.

Alzheimer's Awareness Month also seeks to reduce the stigma and discrimination surrounding Alzheimer's disease. By raising awareness and understanding, people may be more compassionate and supportive of those affected by Alzheimer's and other forms of dementia.

To read the full article and get the statistical data and graphs, please visit: [Alzheimer's Awareness Month: How to get involved \(medicalnewstoday.com\)](https://www.medicalnewstoday.com/articles/324822)



**THANK
YOU**

Dear Valued Referral Sources,

Thank you for your continued referrals. John F. Kennedy said, “As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” We are reminded of this in our efforts to treat patients as our family and friends. Thank you for your trust!

Sincerely,

Jennifer Campbell, MSW, LSW

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WHS Center for Mental Health & Wellbeing



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Jennifer Campbell, MSW, LSW – Clinical Manager
Outpatient Services P: 724-627-2526

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Greene County Crisis Line: 1-800-417-9460

Washington County 24-Hour Crisis Hotline: 1-877-225-3567

National Suicide Prevention Lifeline: 988 or 1-800-273-8255

Greenbriar Treatment Facility: 1-800-637-4673

STTARS Sexual Assault Hotline (Greene & Washington): 1-888-480-7283