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FOR IMMEDIATE RELEASE

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Register for 'Hold On...Pain Ends' Mental Health Walk

Carlisle, Pa. – The Cumberland Perry Community Support Program (CPCSP) will host its 2018 Mental Health Awareness Walk and Rally on Tuesday, May 1, to kick off National Mental Health Awareness Month. The annual event provides an opportunity for the community to join together to promote awareness of mental health. This year's theme, "Hold On...Pain Ends," encourages those suffering from a mental health illness to never give up.

Mental illness can affect anyone, at any time and for any reason. The CPCSP encourages the community to promote recovery and change the stigma often associated with a mental health illness. Recovery can and does happen. With education and conversation, the community can grow healthier and stronger.

The 2018 Mental Health Awareness Walk and Rally begins at 10 a.m. at Letort Park, 260 E. Pomfret St., Carlisle, PA. The walk will conclude in front of the Historic Courthouse in downtown Carlisle at 11 a.m., at which time the rally will be held. After the rally, participants are invited back to Letort Park for a provided lunch.

To participate in the walk and lunch, please register no later than Friday, April 6 by contacting the CPCSP office at (717) 254-6060 or cspcp@cspcp.org. Only those who pre-register will receive a walk T-shirt and be able to participate in the lunch.

The CPCSP is a program of the Cumberland-Perry office of Mental Health/Intellectual & Developmental Disabilities (MH/IDD). MH/IDD works to empower and support members of the community, and their families, who are living with a mental or intellectual disability. An alliance of three organizations, the MH/IDD office provides support in the areas of mental health, intellectual and developmental disabilities, and early intervention. More information, including the many services available, can be found at www.ccpa.net/118/Mental-Health-Intellectual-Develop-Dis.

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Cumberland County is the fastest growing county in the Commonwealth and offers the perfect mix of small town, suburban and rural living. Established in 1750, Cumberland County consistently maintains one of the lowest tax and unemployment rates in the State, while providing exceptional services for its nearly 250,000 residents. More information on Cumberland County can be found at www.ccpa.net.