

TOGETHER JUST, INC



In this month's special issue:

- Mental Health Awareness Month
- Mental health tips
- From our founder
- PLNK giveaway + fundraiser

Mental health tips

Regional and national hotlines you can call 24/7.

Oklahoma Department of Mental Health Crisis and Information Line ReachOut Helpline

1-800-522-9054

Crisis Text Line

Text HELLO to 741741

COPES Crisis Services

918-744-4800

National Adolescent Suicide Helpline

1-800-621-4000

National Suicide Prevention Lifeline

1-800-273-8255

MAY IS MENTAL HEALTH AWARENESS MONTH

The need for awareness of mental health is not foreign to Oklahoma or the country. According to the Substance Abuse and Mental Health Services Administration, an astounding 15.7%, or 3.8 million, Americans aged 12-17 had a major depressive episode in 2018. The mental health of Oklahomans is unfortunately even worse than the national average. Based on studies conducted in 2020, the Oklahoma Department of Health claims that youth suicide has increased by 103% since 2007. Suicide is currently the second leading cause of death for Oklahomans aged 10-24. These numbers are far too high for anyone to be comfortable with.

At Together Just, it is our mission to provide services to all Oklahomans, regardless of their ability to pay. We strongly believe that we can end the stigma surrounding mental health through advocacy, education, and treatment.

WORDS FROM OUR FOUNDER, LILLI HIGGINS

Happy Mental Health Awareness month, everyone! Together Just has been hitting it hard raising awareness to end the stigma surrounding mental health and mental illness. With education comes understanding; you can help educate those around you to recognize the importance of mental health by sharing your experiences and resources with your community.

This month PLNK Studio in Tulsa is hosting a fundraising event for us on May 27. All proceeds from this event will go directly toward Together Just and funding our programs. If you would like to learn more about what you can do to advocate for mental health and get involved with our programs, please reach out!

Thank you all for your committed support to Together Just and our mission.

We've got a super exciting announcement: we're partnering with PLNK! We'll be doing a giveaway + a fundraiser class at PLNK. Our very own Business Development Coordinator, Chase Campman, is also an instructor at PLNK. Head to our Instagram (@togetherjust) or FB for details!



Thank you

PLNK