

BADC joins MTV Entertainment Group and over 500 Leading Organizations for First National Mental Health Action Day on May

Learn more at www.MentalHealthActionDay.org

A graphic for Mental Health Action Day. It features a large, tilted orange pentagon on a blue background. The text "Mental Health Action Day" is written in white, with "Mental Health" on the top line and "Action Day" on the bottom line. A white horizontal line is positioned under the word "Action".

Mental Health Action Day

May
20

MentalHealthActionDay.org

District of Columbia, Washington, D.C, Apr 26, 2021 (IssueWire.com) - The Bar Association of the District of Columbia (BADC) announces its participation in the first-ever, national **Mental Health Action Day**, to be held on Thursday, May 20 in partnership with more than 500 leading brands,

nonprofits, government agencies, and cultural leaders.

Over the past two decades, suicide rates have risen, particularly among young adults. The COVID-19 pandemic has accelerated the already dire crisis, giving way to what many mental health professionals have called the “second pandemic”. Although more people than ever are comfortable discussing mental health, finding effective resources and knowing how to get help remains a challenge. Mental Health Action Day is an open-source movement of brands, organizations, and cultural leaders to drive culture from mental health awareness to mental health action.

“Mental health is health. On May 20th, the BADC and other leading organizations will encourage people to take mental health action -- whether for themselves, for their loved ones or to advocate for systemic changes. The BADC is very concerned about the hardships being imposed on our families, clients, the legal profession, and our community-at-large by these swirling public health, socioeconomic and political pandemics. **Mental Health Action Day** is a meaningful, equitable, and inclusive step in the right direction to find trusted resources, services, and supports to combat stigmas, strengthen our communities, and improve our overall quality of life. We are grateful for Mental Health Action Day and I am proud of the BADC for supporting it,” said Kevin D. Judd, Esq., BADC president.

“From Covid-19 to economic struggles and the continuing fight for racial justice, the other half of the twin pandemic is the rise of our mental health challenges,” said Erika Soto Lamb, Vice President of Social Impact Strategy at MTV Entertainment Group. “This is a critical moment to shift our culture from mental health awareness to mental health action and MTV is proud to come together with diverse cross-sector leaders on this inaugural day to encourage and empower people to take action -- for themselves, for their loved ones, or for the systemic changes needed to improve our social and emotional wellbeing.”

Mental Health Action Day is being planned in partnership with TaskForce, a cultural organizing agency that builds capacity for those taking on the most pressing challenges facing our communities, our nation, and our world.

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