



FOR IMMEDIATE RELEASE

June 21, 2022

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Cobb Collaborative Offers Free Mental Health Toolkits in English & Spanish

According to a study by Mental Health America, Georgia statistically ranks 48th in the US for access to mental health care, resources, and insurance. MHA further states that "In Georgia, an individual with serious mental illness has a one in five chance of ending up in prison instead of a hospital." Additionally, MHA findings show that two in five Georgia children have trouble accessing needed mental health treatment.

Mental health is one of three forefront initiatives of the Cobb Collaborative. The Collaborative facilitates a variety of mental health training events through their Mind Your Mind mental health initiative. To further provide needed resources, Cobb Collaborative launched a Mental Health Resources Toolkit online earlier this year. This downloadable Toolkit provides free access to important mental health information and resources. Thanks to grant funding from Cobb & Douglas Public Health's Community Health Improvement Plan Partnership Grant, the Toolkit is now also available in Spanish. Cobb Collaborative Executive Director, Irene Barton, says, "At the Cobb Collaborative, we recognize the importance of mental health as it applies to all people. Presenting our free digital mental health toolkits in both English and Spanish helps us to facilitate equity in access to mental health resources. We believe that mental health must be destigmatized and prioritized to help foster resilient communities in which everyone can thrive." To access these mental health toolkits, visit https://bit.ly/MYM_toolkits

The Cobb Collaborative is a membership of non-profit organizations, local government, businesses, faith-based organizations, educational institutions, professional organizations, associations, and citizens who share ideas, expertise, and resources to improve outcomes for children and families in Cobb.