MENTAL HEALTH: 
TACKLING THE CHALLENGE, REDUCING THE STIGMA

Mental Health Awareness month was especially timely this year given the pandemic-related surge in mental health issues. Pittsburgh Mercy was proud to help raise awareness and disseminate information via three public forums during May.

WPNT 22 “Issues on the Point”
Three Pittsburgh Mercy colleagues were featured on WPNT 22’s “Issues on the Point,” which aired on five consecutive Sundays beginning May 1. Dr. Melissa Nossal, Vice President of Behavioral Health Services; Dr. Holly Stewart, psychiatrist, Medical Director of Behavioral Health; and Heather Beachler, Senior Manager of Child & Adolescent Services, discussed our mental health programs and services as well as job opportunities and current hiring incentives. Listen here: Issues on the Point: Pittsburgh Mercy | WPNT (22thepoint.com)

Mental Health in the Workplace
On May 17, Pittsburgh Mercy hosted a free online forum titled “Mental Health in the Workplace” featuring emcee Tony Beltran, President & CEO, with panelists Dr. Todd Wahrenberger, Chief Medical Officer; Dr. Melissa Nossal, Vice President of Behavioral Health Services; and Dr. Holly Stewart, Medical Director of Behavioral Health.

The event featured a panel discussion followed by Q&A. Topics included:
- Best practices around mental health: how to recognize symptoms and warning signs and support those who may be struggling.
- Trends we’re seeing in Pittsburgh, including more substance use disorder (SUD), problem drinking and drug use, and increased rates of anxiety and depression.
- How these trends are impacting special populations and the need for individualized support.

Watch the recorded program here.
Pittsburgh Mercy President & CEO Tony Beltran and VP of Behavioral Health Services and clinical psychologist Melissa Nossal were featured at the May 16 Forbes Funds “Call for Community Conversations: Services, Supports and How We Are Checking in With Ourselves and Others” to discuss trends in mental health and how we’re collectively coping with impacts of the pandemic. Beltran and Nossal shared observations from our Pittsburgh Mercy facilities and led a discussion on mental health in the workplace. Participants gained valuable tips for checking in with colleagues, clients, family, friends, and ourselves.

—The Challenge Continues—

Addressing mental health challenges extends well past one designated month. Studies show that one in five Americans will experience a mental health condition this year, and 50% will experience one at some point in their lifetime. As the need has increased, the supply of qualified resources has not kept pace to meet the demand. These are disturbing trends.

As a leader in providing comprehensive behavioral health care to the most vulnerable populations—including those with intellectual disabilities and those experiencing addiction, homelessness, and abuse—Pittsburgh Mercy is working to not only improve the lives of those with mental illness but to reduce the stigma associated with this all-too-common condition. Learn more about our many services and programs here.

Your donations are essential to ensure we can continue this critical work. Thank you for your support! Give today!

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