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Crisis Services of North Alabama offers critical help during Mental Health Awareness Month

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By WAFF 48 Digital Staff CONNECT

HUNTSVILLE, AL (WAFF) - May is Mental Health Awareness Month, and WAFF has been teaming up with **Crisis Services of North Alabama** to help.

"We operate emergency shelters for victims of domestic violence. We also do outreach for victims of domestic violence and survivors. We offer support groups, as well as outreach and advocacy in Morgan, Limestone, Jackson, and Madison counties." CSNA also offers rape response teams who help victims of sexual assault. Nurses help collect evidence while advocates offer legal and emotional support," said Connie Kane from CSNA.

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Kane says if we're truly to make a difference, we need to reframe our thinking. "We don't view mental health as any other illness. We need to come to see mental health like we would any other illness - like diabetes or high blood pressure, that it's just something that affects us. We now know through brain scans that the brain is affected and we do have medications that can help.

Crisis Services of North Alabama also offers a suicide prevention hotline, which runs 24/7. The number to call is (256) 716-1000. "Listening is such an important thing. That's the key thing that our volunteers on the helpline do it just to listen." Kane also encourages you to call the national suicide prevention hotline, which is also a 24/7 service - 1-800-273-8255

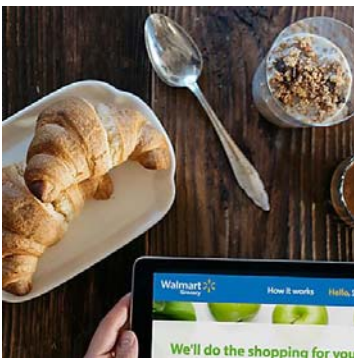
To learn more about the full range of services offered by Crisis Services, watch the video of Trent Butler's full interview with Connie Kane, or visit Crisis Services of North Alabama.

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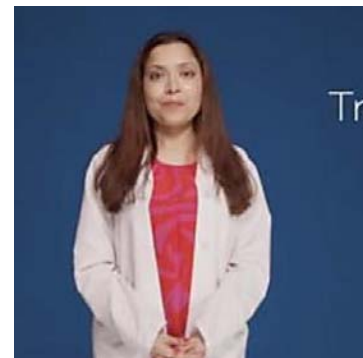
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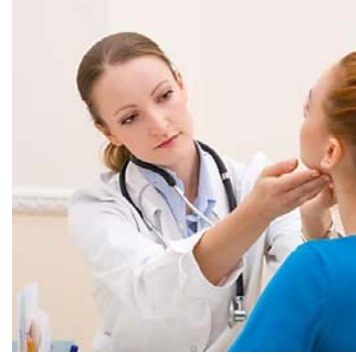
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