

# Mental Health Awareness Month

By State Rep. Ann Flood

SLATE BELT - May is Mental Health Awareness Month, a time dedicated to raising awareness about mental health and continuing the fight against the stigma people face when seeking help.

This year's theme is "More than Enough." It seeks to highlight the inherent value each person holds, regardless of diagnosis, appearance, socioeconomic status, background or ability. Showing up, just as you are, for yourself and the people around you is more than enough.

In Pennsylvania, mental health services are administered through county Mental Health and Developmental Services programs. To learn more about mental health care in Pennsylvania, click here.

If you or someone you know is contemplating suicide, contact the National Suicide Prevention Lifeline at 988.



# Peace Officers Memorial Day Monday

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SLATE BELT - Monday, May 15, is Peace Officers Memorial Day.

It is a day, first established by President John F. Kennedy in 1962, designed to pay tribute to the brave local, state and federal peace officers who have died or been disabled in the line of duty. The day falls during National Police Week, which is being marked from May 14-20.

We are blessed by the men and women who have taken an oath to serve and protect and particularly those who have sacrificed their lives to protect public safety.



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**MAY 25-28**

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Sat. 6-10pm Sun. 4-10pm

Thurs. Ride Special 6pm - 10pm

Sun. Ride Special 4pm - 8pm

# BANDS

Thurs. "UNCLE SMILEY" 6-9pm

Fri. "TIMEWHYS" 6-9pm

Sat. "NAKED JANE" 6-9pm

Sun. "WISKEY MANSION" 6-9pm

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