



MEDIA RELEASE

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County Mental Health Awareness Month Closes Highlighting Crisis Services

KNOXVILLE, Tenn.— Knox County Mayor Glenn Jacobs closes the county’s Mental Health Awareness Month programming by highlighting crisis services.

Crisis services are resources for individuals going through mental health crises. These resources are typically provided by non-profit facilities staffed with volunteers trained to provide mental health services and emotional support for their state and local communities. These services can be a key component of mental health care and may be critical in assessing risk and reducing stress for those who contact them.

“Talking about your own mental health can be difficult especially if you feel shame about not being in a good place,” said Mayor Jacobs. “Crisis services exist so that someone who is struggling but isn’t ready to talk openly with family or close friends, can reach out anonymously for support, guidance and resources.”

In Knox County, Helen Ross McNabb (865-539-2409) provides crisis services for both children and adults and can deploy a Crisis Stabilization Unit as an alternative, less intensive environment for treatment during the time of crisis.

Other free, 24-hour crisis services include:

- The National Suicide Prevention Lifeline available to anyone in a suicidal crisis or emotional distress (1-800-273-TALK or 1-800-273-8255);
- The Tennessee Statewide Crisis Line call system open year-long to help anyone experiencing a mental health crisis (855-CRISIS-1 or 855-274-7471); and
- The Crisis Text Line messaging system that provides confidential support from a trained crisis counselor (text “TN” to 741-741).

The Tennessee Suicide Prevention Network (tspn.org) also hosts an “I Need Help Now” page with information about these and other available resources.

“Especially now, in the midst of a global pandemic we must find ways to work together—while staying apart—to show support and care for those who are struggling,” said Mayor Jacobs.

The mayor also noted one more way to show support: close out Mental Health Awareness Month by participating in the NAMIWalks event.

One of the nation's largest mental health events, hosted by the National Alliance on Mental Illness, NAMIWalks is typically a live 5k event that bring together people of all ages and fitness levels to combat stigma, raise funds and promote awareness of mental illness. Due to constraints caused by the COVID-19 pandemic, NAMI has introduced NAMIWalks Your Way, which is just like a regular Walk, only virtual and with greater reach says the organization.

NAMIWalks Your Way Tennessee's virtual event is at 11 a.m. on Saturday, May 30 and participants can walk or run a 5k or choose to do something else meaningful and fun like practicing self-care through yoga, gardening or knitting or planning a family craft day.

NAMI Tennessee asks participants to share their activities on social media using the hashtags #NotAlone and #MentalHealthForAll.

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