



STATE OF RHODE ISLAND

Department of Behavioral Healthcare, Developmental Disabilities & Hospitals

14 Harrington Road
Cranston, RI 02920-3080
www.bhddh.ri.gov

TEL: (401) 462-2339
FAX: (401) 462-3204
TDD: (401) 462-6087

January is Mental Health Wellness Month

As January comes to a close, it's worth reflecting on the importance of mental health and wellness. Recognized as Mental Health Wellness Month, January reminds us that caring for our mental well-being is essential—not just at the start of the year, but every day.

Mental health influences how we think, feel and act. It also impacts how we cope with stress, connect with others, and navigate life's challenges. Yet many individuals and families continue to face mental health concerns in silence, unsure where to turn or hesitant to seek support. These challenges are common, and with the right care and resources, recovery and resilience are possible.

Mental wellness is not only about treating illness; it is also about prevention, connection, and building supportive communities. Simple actions like checking in with a friend, maintaining healthy routines, practicing self-care, and asking for help are ways we can make a meaningful difference.

As we move beyond January, let's remain mindful of those who may be struggling and be purposeful in our support. We can remind them to stay engaged by talking with friends, to keep busy, try new experiences, or simply taking a walk outside. These simple steps support mental well-being. Mental health matters in January, but it's also important all year long. It's also important to remember that help is always available if these steps are not enough.

The 988 Lifeline is available 24/7, providing access to trained crisis workers for anyone experiencing a behavioral health crisis or any other kind of emotional distress requiring support, such as being worried about a loved one. In addition, BH Link, located at 975 Waterman Ave., in East Providence, offers 24/7 access, assessment and treatment for behavioral healthcare.

Richard Leclerc
Director