



Panhandle
Public Health District

News Release

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Shine a Light on Mental Health This May

May is Mental Health Awareness Month — a time to raise awareness about mental and behavioral health and reduce the stigma that many individuals face. Mental health includes our emotional, psychological, and social well-being, influencing how we think, feel, and act. It also affects how we handle stress, relate to others, and make decisions.

Mental health is essential at every stage of life, from childhood through adulthood, and—just like physical health—it plays a crucial role in our overall well-being.

To honor Mental Health Awareness Month, Panhandle Public Health District (PPHD) invites community members to “Shine a Light” by participating in the **Green Light Bulb Campaign**. Displaying a green light at your home, business, or workplace is a simple yet powerful way to show support, spark conversations, and help break the stigma surrounding mental health. Green is the official color for mental health awareness, symbolizing hope, strength, and support.

Need a green light bulb? Contact PPHD at 308-672-9800 to find a location near you to pick one up—while supplies last!

PPHD recognizes the importance of addressing mental health and reducing stigma through ongoing education and community engagement. A few of the programs available include:

- **Hope Squad** – A peer-to-peer suicide prevention program in seven Panhandle schools, focused on creating a culture of connection and support among youth.
- **QPR Training** – “Question, Persuade, Refer” is a lifesaving suicide prevention training that equips individuals of all backgrounds with the tools to recognize warning signs and offer help.

- **Upcoming Virtual Sessions:**

Register at <https://tinyurl.com/2p8kb837>

- Wednesday, May 8th at 12:00 PM
- Wednesday, June 12th at 12:00 PM
- **Suicide Awareness Walks** – Held annually in September across Chadron, Alliance, Scottsbluff, and Oshkosh to honor those lost to suicide and promote prevention resources.

To explore PPHD's full range of mental health resources and training opportunities, or to access a list of local providers, visit [CredibleMind](#), pphd.crediblemind.com or download our resource guide.

For more information, visit pphd.ne.gov, or contact Suzanne Crane at 308-672-9800 or scrane@pphd.ne.gov.

Panhandle Public Health District is committed to improving the health, safety, and quality of life for all who live, learn, work, and play in the Panhandle. Our vision is a healthier, safer Panhandle community.