

Mimosa Christian Counseling Center Sponsors May as National Mental Health Month

READ by Rev. Laura Roach, LPC-A and member of the MCCC staff at Morganton City Council May 6th, 2013:

Mayor Cohen, and Council, Madame City Manager.

May is observed as National Mental Health Month. Morganton, is known regionally, state-wide, and nationally as among the best in care, and most concentrated of professional area centers for hospitalized mental health treatment.

However, for our citizen residents who go about seeking work, dealing with depression or grief, balancing work and family, or the dealing with the “accepted’ stresses of daily living, mental health preventative therapeutic counseling is not always accessible as one would think.

Increasingly, we hear and see reports of persons of all ages children, adolescents, adults, and even seniors withdrawing into themselves; suffering discouragement, depression, and loss of hope. Even more so are the horrific instances in the news and TV of persons lashing out with destructive behaviors, all too often threatening, or killing themselves, and harming others.

Today, the safety net of government mental health services is being stretched to breaking, and significantly challenged with cuts in program, access, and budgetary funding.

Never before has the need for mental health services been more in the forefront. Providing for mental health counseling requires the awareness of both the public, and support by citizens, businesses, churches, schools and institutions to help erase the stigma of mental illness that prevents one in four persons from seeking help.

In 2004, Mimosa Christian Counseling Center was founded in Morganton for all of Burke citizens, as a “community of faith” supported mission outreach. MCCC opened its doors as a refuge for those suffering mental anguish. Over 1600 individuals and families have been aided by the five certified counselors of MCCC . Today, well over 30% of those being assisted by MCCC are unable to access traditional counseling due to lack of insurance, or personal financial inability to afford care. As a community based non-profit, MCCC remains a unique provider to those in need, but requires the prayers, and support of the public, businesses, area churches, and private donations to continue its mission of restoring hope for individuals, children and families without regard to religious affiliation or their ability to pay.

Mayor, Council this month, Mimosa Christian Counseling Center joins with mental health professionals throughout our state and country to bring attention to the seriousness and scope of mental health issues around us.

We ask that you as elected leaders of Morganton join with us in our resolve to promote awareness for good mental health for all citizens, and to provide access to therapeutic counseling for those in need.

Mayor Cohen responded with a formal CITY PROCLAMATION of support.