

# **Legacy Healing Center Helps Raise Awareness About Mental Health and Substance Use Disorders for Mental Health Awareness Month**

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Cherry Hill, NJ ? Legacy Healing Center, with locations in South Florida and Cherry Hill, New Jersey, is joining forces with others in the field of behavioral healthcare to raise awareness around mental health and addiction in light of Mental Health Awareness Month. National Mental Health Awareness Month is observed every year in May and aims to raise awareness about mental health while also fighting the stigma of seeking treatment, providing support and resources, and educating the public.

With over 44 million US adults living with mental illness and less than half of those seeking treatment, it?s imperative for the public to become better educated on how they can help themselves or a loved one. Legacy Healing Center joins the fight by being at the forefront of helping others break the stigma around seeking help for poor mental health.

One in five people will experience a diagnosable mental health condition in their life. Despite how common mental health struggles are, many people still experience internal resistance to seeking mental health care. Stigma is one of the biggest barriers in seeking treatment for mental health. Some people feel they should be able to?figure it out? on their own. And people often have a different mindset about getting medical help for a physical condition compared to asking for help with anxiety, depression, or substance abuse disorder.

Part of breaking the stigma is understanding mental illness as a biological condition requiring professional help, just like physical diseases do. It?s also important for people to feel they can be open with friends and family about their mental health symptoms. Education is key, knowing the signs and symptoms of certain mental health disorders, such as clinical depression or anxiety, can help a person realize they need help. Showing compassion also goes a long way. Providing support to people with mental health disorders and their families the same way as if they were struggling with a physical illness, can ease the recovery journey.

Legacy Healing Center's holistic approach aims to treat each patient as a whole and includes a focus on mental health as an important piece in addiction treatment. Their dual-diagnosis treatment program helps uncover underlying, often undiagnosed, mental health disorders that frequently lead people to use drugs and alcohol in an attempt to self-medicate. Exploring and healing the driving forces behind addiction gives patients the greatest chance of achieving long-term success in recovery. Healing undiagnosed or untreated mental health disorders, teaching healthy coping skills, and providing guidance for maintaining good mental health are at the heart of Legacy Healing Center's holistic philosophy.

Legacy Healing Center also understands the negative impact addiction can have on a person's mental state, as well as that of their loved ones. Part of their program offers individual, group, and family therapy to help address these repercussions of addiction. Legacy Healing Center has built its program around caring for patient's mental health and the impact that can have on achieving long-term sobriety.

Legacy Healing Center continues to advocate for mental health awareness and regularly publishes helpful resources for good mental health on their website. Their treatment programs also include a focus on physical health and wellness, offering quality nutrition and physical health programs, like a fitness center, pool, and personal trainers, all of which have proven positive impact on better mental health.

For anyone struggling with a mental health disorder, substance addiction, or both, Legacy Healing Center is available 24/7 to help. Call (888) 534-2295 to talk to a behavioral health specialist who can answer questions and help begin the path to recovery.

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For more information about Legacy Healing Center Cherry Hill, contact the company here: Legacy Healing Center Cherry Hill Travis Benfaida (856) 263-4965 info@legacyhealing.com 800 Kings Hwy N suite 100, Cherry Hill, NJ 08034

### **Legacy Healing Center Cherry Hill**

*Addiction Treatment Center in Cherry Hill, New Jersey. Alcohol & drug rehab that is done with the whole person in mind. Call Legacy Healing Center.*

Website: <https://www.legacyhealing.com/cherry-hill>

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