



Cabarrus Health Alliance Commemorates National Mental Health Month During May

FOR IMMEDIATE RELEASE

Kannapolis, N.C. – Cabarrus Health Alliance, May 9, 2024 – As the nation observes Mental Health Month this May, Cabarrus Health Alliance (CHA) proudly reaffirms its commitment to mental wellness by highlighting Live Well Counseling Center. Established in 2021, Live Well was designed to provide accessible and comprehensive behavioral health services to the community. Live Well Counseling offers outpatient therapy for individuals aged 5 and above. In recognition of the diverse needs of the community, Live Well Counseling ensures inclusivity through virtual and in-person therapy sessions.

"We are dedicated to fostering mental well-being and resilience within our community," said Sonja Bohannon Thacker, Behavioral Health Director at Cabarrus Health Alliance. "Through Live Well Counseling, we aim to provide quality, comprehensive, compassionate and effective services that empower individuals to navigate life's challenges with confidence and resilience."

Live Well Counseling offers a range of therapeutic services, including individual, family, group, and couples counseling, tailored to address various mental health concerns. By fostering a supportive and collaborative environment, Live Well was designed to ensure access to services for underserved populations. Therapists use trauma informed approaches to empower individuals to explore their emotions, develop coping strategies, and cultivate healthier relationships.

"At CHA, we recognize the importance of prioritizing mental health and destigmatizing seeking help," added Erin Shoe, Public Health Director at CHA. "By commemorating National Mental Health Month and expanding our Live Well Counseling program through additional staffing in the coming year we hope to raise awareness and encourage individuals to prioritize their mental well-being."

To learn more about Cabarrus Health Alliance's programs, visit www.cabarrushealth.org.

About Cabarrus Health Alliance: Cabarrus Health Alliance is the public health authority of Cabarrus County. Cabarrus Health Alliance is an autonomous organization providing services and programs to meet public health needs. Cabarrus Health Alliance is a leader in public health and is nationally recognized for its innovation.

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