

You Are Not Alone Book Donations



January is Mental Awareness Month. To recognize the importance of Mental Awareness and reduce stigma surrounding mental health, the CROSS Region donated 31 books to local Public Libraries and School Districts in the seven-county region.

Each book donated included information for the 988 Crisis Line, Your Life Iowa Helpline and South Central Iowa NAMI. Our friends from NAMI Iowa also donated you are not alone bookmarks that were distributed with the books.

Pictured to the left; Becky Fletchall, Ringgold County Public Health Director & CROSS Disability Service Coordinator and Bobbi Bainum, Librarian Mount Ayr Public Library.

The NAMI Guide to Navigating Mental Health—With Advice from Experts and Wisdom from Real People and Families

Written with authority and compassion, this is the essential resource for individuals and families seeking expert guidance on diagnosis, treatment and recovery, featuring inspiring, true stories



NAMI Iowa <https://namiowa.org/>

South Central Iowa NAMI <https://namiscia.org/>
641-216-3114 (not a crisis line)

Pictured above; Laurie Lenertz Marion County CROSS Region Social Worker and Mara Strickler, Director of Pella Public Library



Dial 988 for the Suicide and Crisis Lifeline



YLI Call: 855-581-8111

YLI Text: 855-895-8398



CROSS Region

<https://crossmentalhealth.org>