



# OUR SAVIOUR'S LUTHERAN CHURCH

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For Immediate Release

## **Mental Health Awareness Program to Be Held at Our Saviour's**

**FAIRFIELD, Conn., April 24, 2012** – Our Saviour's Lutheran Church will host a Mental Health Awareness program on Sunday, May 6, that will bring together a panel of local experts to discuss the range of services available to adults in Fairfield County. The event, held in conjunction with Mental Health Month, is open to the public and is free of charge.

According to the National Alliance on Mental Illness (NAMI), mental illness impacts the lives of at least one in four adults and one in 10 children – or 60 million Americans.

The speakers will review the services available to adults who have been diagnosed with a mental illness, as well as support programs for their families, including inpatient and outpatient treatment; case management; wellness recovery action plans; community psychosocial, residential and supported apartment programs, and community support groups.

Following the panel presentation, light refreshments will be served and the speakers will be available to answer questions and provide additional information.

Panel members include **Peter Case**, past president of NAMI Stamford/Greenwich; **Valerie Williams**, executive director of Keystone House, Inc.; **Kim O'Rielly**, MSW, executive director of the Southwest Regional Mental Health Board, and Norwalk Hospital Department of Psychiatry staff members **Lindsay Anderson**, LCSW, inpatient social worker; **Lateef Habib**, LCSW, BCD, clinical coordinator for Outpatient Services, and **Lucie Labreche**, RN-BC, Community Support Program case manager.

The program will be held from 12:00 pm to 2:00 pm at the church, located at 160 Hill Farm Road (corner of Duck Farm Road) in Fairfield. For more information, contact Our Saviour's at (203) 255-0545.

### **About Our Saviour's**

Our Saviour's Lutheran Church, a congregation of the Evangelical Lutheran Church in America (ELCA), reaches out to the world and to its local communities with the Good News of the Gospel of Our Lord Jesus Christ. The congregation receives strength for this mission through Worship, Christian Education, Service, Benevolent Giving, Witness, Mutual Support and a commitment to grow in faith and participation. Our Saviour's is guided in the belief that, "As God Gives to Us, So We Give to Others."

Holy Communion is celebrated during worship services at 8:30 a.m. and 10:30 a.m. each Sunday. The church also offers Sunday School and Adult Discussion programs at 9:30 a.m. For more information, please call (203) 255-0545 or visit us at [www.oursaviours.net](http://www.oursaviours.net).

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