



# MISSISSIPPI STATE HOSPITAL

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## **For Immediate Release**

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## **MAY BRINGS MSH DAY AND MORE TO MISSISSIPPI STATE HOSPITAL**

The warm spring weather is bringing some fun, food, games and other opportunities along with it to Mississippi State Hospital.

The hospital is celebrating its 29<sup>th</sup> Annual MSH Day on Friday, May 6, offering patients and residents a chance to take in the spring weather, get some grilled food, cold desserts and then enjoy the crafts and entertainment. More than that, it's also chance to take part in National Mental Health Month and let the public visit the campus and learn more about the hospital and mental health issues across the state and the country.

“This is a fun day for everyone, but more importantly, it can introduce people to a lot they don't know about mental health,” MSH Public Relations Director Kathy Denton said. “People who live with mental illnesses can lead happy, productive lives. It's important not only for their friends and family to know that, but to show they care and encourage their loved ones as they work to recover from their illness.

“If we work together, we can help people change the way they think about mental illness and those who live with it.”

MSH Day is in its 29<sup>th</sup> year, but organizers are planning to introduce a few new activities for this year. It will still be a community festival atmosphere, but patients and residents will get to have some fun with arcade games, photo booths and putt-putt this year.

Favorites like arts and crafts booths, face painting, a hole-in-one contest and a \$1,000 raffle return. The lip sync contest employees perform for patients has been a hit in recent years, and it is being expanded to a full-blown talent show.

MSH Day only kicks off the celebration of National Mental Health Month, which began more than 50 years ago as a tool to educate the American public about the importance of mental health and the reality of mental illness. May is filled with activities and recognitions for health care professionals.

May 1-7 is Children's Mental Health Week, which is of special importance to Mississippi State Hospital, whose Oak Circle Center is a child and adolescent unit that serves children from as young as four to 17-year-olds.

May 6-12 is National Nurses Week, which seeks to raise awareness of the vital role nurses play in health care. May 8-14 is National Hospital Week, the nation's largest healthcare event and a recognition of the history and professionals that have helped make hospitals the trusted institutions they are today.

That same week is also National Nursing Home Week, which always begins on Mother's Day. Jaquith Nursing Home, located on the MSH campus, has events planned throughout National Nursing Home Week.

For more information, about MSH Day, or to reserve booth space for the event, contact MSH Public Relations at (601) 351-8018.

*MSH, a facility of the Mississippi Department of Mental Health, was founded in 1855 and facilitates improvement in the quality of life for Mississippians who are in need of mental health, chemical dependency or nursing home services, by rehabilitating to the least restrictive environment, utilizing a range of psychiatric and medical services, which reflect the accepted standard of care and are in compliance with statutory and regulatory guidelines. The hospital is accredited by the Joint Commission.*