

## May 2026 Newsletter

*Peninsula Behavioral Health's (PBH) mission is to provide quality comprehensive behavioral health services to the residents of our community.*

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### **Mental Health Awareness Month** *Hope Starts Here*

May is Mental Health Awareness Month—a time to raise awareness, reduce stigma, and remind our community that mental health is an important part of overall health. Challenges such as stress, anxiety, depression, grief, trauma, and substance use can

affect anyone, and seeking support is a sign of strength. Taking care of your mental health is just as important as caring for your physical health.

At PBH, we believe every person deserves compassionate, quality care close to home. Our services include outpatient counseling, psychiatric medication services, crisis support, substance use treatment, peer support, housing assistance, and Youth & Family Services for children, teens, and families. Whether someone is taking their first step toward counseling, seeking recovery support, or navigating a difficult season of life, help is available.

This month, we encourage everyone to check in with themselves, reach out to a loved one, and remember that healing often begins with one conversation. If you or someone you know needs support, PBH is here for our community. Call 360-457-0431 to learn more about services in Port Angeles and Sequim.



### **Spotlight on WISE team** *Wraparound Support for Youth & Families*

PBH's WISE (Wraparound with Intensive Services) team plays a vital role in supporting youth and families facing complex behavioral health needs throughout our community. WISE services are flexible, individualized, and family-driven, helping ensure young people receive support where they live, learn, and grow.

The team provides care coordination, therapy family and youth peer support services through a strengths-based approach. Care Coordinators help organize services, facilitate Child and Family Team meetings and keep goals centered on the family's voice. Therapists offer individualized mental health treatment, while Family and Youth Peer Support Specialists provide lived-experience support, skill-building, and connections to community resources.

A key part of the WISE model is crisis prevention and support—helping families recognize early warning signs, strengthen coping skills, and access additional help when needed. Through collaboration with families, schools, and community partners, the WISE team helps build stability, confidence, and lasting success for youth and their families.



### *Thank You to Our 2026 Gala Sponsors!*

PBH's 2026 Gala, Strength in Every Story, is shaping up to be an inspiring evening—made possible by the generosity of our sponsors. From start to finish, the event reflects the power of community coming together to support mental health, and we are incredibly grateful to our Gold, Silver, Bronze, and Local Business Sponsors for helping bring it to life.

Each sponsor plays an important role in creating a meaningful and memorable evening—one that celebrates resilience, connection, and hope. Their support makes every detail possible, from the welcoming atmosphere to the impact we will achieve together.

Because of this generosity, proceeds from the Gala will support PBH's future Youth & Family Services Center—expanding access to care, early intervention, and family-



## MENTAL HEALTH MYTH BUSTING: Myth vs. Fact

### MYTH

Mental health struggles are rare.

### FACT

Mental health challenges are common and can affect people of all ages, backgrounds, and walks of life.

### MYTH

Asking for help means you're weak.

### FACT

Reaching out for support is a sign of strength, courage, and self-awareness.

### MYTH

Youth don't experience mental health issues.

### FACT

Youth can experience anxiety, depression, trauma, and other challenges and early support matters.

### MYTH

Recovery isn't possible.

### FACT

With the right support, treatment, and connection, recovery and healing are absolutely possible.

### Busting Behavioral Health Myths: *What's Fact, What's Fiction?*

Mental health is often misunderstood, with many myths creating stigma and confusion that keep people from getting the support they deserve. At PBH, we want to help set the record straight by busting common behavioral health myths and sharing the truth behind them. Understanding what's real empowers us to approach mental health with compassion and knowledge.



## Spring Into Self-Care

As the days grow longer and the season begins to bloom, spring can be a great reminder to refresh our routines and make space for self-care. Caring for your mental health does not always require big changes—sometimes small daily habits can make the biggest difference.

Try stepping outside for fresh air, taking a short walk, reconnecting with a friend, journaling, or simply giving yourself permission to rest. Even a few mindful moments each day can help reduce stress and improve overall wellbeing.

This spring, give yourself the same kindness and care you often give to others. Small steps toward wellness still count—and every season is a good season to prioritize your mental health.

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## Honoring Memorial Day

In observance of Memorial Day, PBH will be closed on **Monday, May 25th** as we honor and remember the brave men and women who gave their lives in service to our country. We pause in gratitude for their sacrifice and wish everyone a safe and meaningful holiday. Regular business hours will resume the following business day.

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## Build a Safer, Stronger Workforce with Mental Health First Aid & De-escalation Training



### FREE Trainings

#### Boost Workplace Well-Being

- Spot mental health challenges
- De-escalate safely
- Support coworkers & clients

#### Eligibility:

- Clallam County business
- Employees aged 25–54
- Hiring \$26+/hr



### Build a Stronger, Safer Workplace—at No Cost

PBH is offering free Mental Health First Aid (MHFA) and De-escalation Trainings for Clallam County businesses this spring. These interactive, hands-on sessions equip your team with the skills to recognize signs of mental health challenges, respond with confidence, and safely de-escalate difficult situations with coworkers or the public.

#### Why It Matters

Mental health affects every workplace. Investing in your team's well-being helps create a safer environment, improves workplace culture, and strengthens our community as a whole.

#### Your Team Will Gain

- How to recognize and respond to mental health challenges
- Practical de-escalation techniques for real-world situations
- Tools to support a healthier, more compassionate workplace

## Ready to Schedule a Training?

Call us at [\(360\) 457-0431 ext. 531209](tel:(360)457-0431)

Email: [kellyg@peninsulabehavioral.org](mailto:kellyg@peninsulabehavioral.org)

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### **Make a Lasting Impact—Every Month**

Spring invites us to start fresh—and reminds us that meaningful change often begins with small, consistent steps. Supporting mental health in our community can look simple: checking in on a friend, speaking openly about mental health, showing compassion, and creating space for others to feel seen and supported.

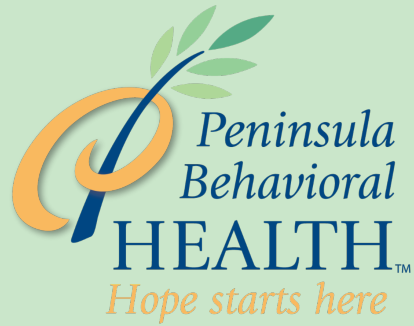
If you're looking for a way to make a lasting impact, consider becoming a monthly donor.

Monthly giving provides dependable support that helps Peninsula Behavioral Health meet people where they are—whether that's through crisis care, counseling, recovery services, or ongoing community programs. Your gift ensures these services are available not just in moments of need, but every day of the year.

Every contribution matters. Whether you choose to give monthly, annually, or make a one-time gift, you are helping expand access to care across our community.

Join us this May and be part of a growing community committed to making hope possible—every season, all year long.

[Monthly Giving](#)



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