

Please Vote YES for [Issue # THIRTY-ONE, ERIE COUNTY](#).

Voting YES means showing your support for the Alcohol Drug Addiction & Mental Health Services (ADAMHS) Board in providing adequate funding to ensure that individuals have access to necessary treatment and support services, and supporting families and their loved ones on their journey to recovery.

Why is it important to support Issue # 31 Erie County?

Supporting mental health and addiction services is very important for several reasons:

1. **Makes Life Better:** These services help people feel better and stay healthy.
2. **Reduces Shame:** When we support these services, it helps people feel okay about asking for help.
3. **Stops Emergencies:** Getting help early can stop big problems from happening.
4. **Helps People Recover:** Ongoing support helps people stay away from drugs and alcohol and rebuild their lives.
5. **Builds Stronger Communities:** When people get the help they need, they can be happier and more helpful in their communities.

Supporting mental health is very important, and there are many ways we can do it:

Stay Connected: Spend time with friends and family. Talking to someone you trust can make you feel better.

Exercise Regularly: Moving your body can help you feel happier and less stressed.

Eat Healthy: Eating good food like fruits and vegetables can give you more energy and make you feel good.

Get Enough Sleep: Sleeping well helps your brain and body feel rested and ready for the day.

Practice Mindfulness: Doing things like deep breathing or meditating can help you stay calm and focused.

Limit Screen Time: Taking breaks from screens and doing other fun activities can help your mind feel better.

Seek Help When Needed: If you're feeling really sad or stressed, it's okay to talk to a counselor or therapist.

These simple steps can help keep your mind healthy and happy.



Alcohol, Drug Addiction & Mental Health Services Board of Erie County

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