MiraVista
BEHAVIORAL HEALTH CENTER

Dear Colleagues,

September marks both National Recovery Month and Suicide Prevention Month—important opportunities to reflect on the critical role each of us plays in creating pathways to timely help and compassionate support. For human resources professionals in particular, you are often the first point of contact when an employee or family member is struggling. The awareness and resources you connect them to can make all the difference.

At MiraVista Behavioral Health Center in Holyoke, Massachusetts, we are committed to being a trusted partner to employers across the region. We encourage you during this month, and every month, to engage with us so that we can be of assistance to your teams. Whether through:

- **Lunch & Learn sessions – "Meet Mira"**
- **Company-wide communications**
- **Speakers' bureau programs**

Our goal is to support you in connecting employees to care when it's needed most.

One unique advantage MiraVista offers is a direct admission process that helps individuals access inpatient mental health care without the additional stress of an emergency department visit. We can walk you through this process to ensure your employees, or their family members, receive timely and respectful access to treatment.

This month is also a time of transition for thousands of children and young people returning to school—from elementary classrooms to college campuses. For some, the return to school can be challenging, and timely mental health support is vital. MiraVista is here as a resource to families and employers alike.

I welcome the opportunity to collaborate with you to provide education, support, and direct access to care that promotes well-being in the workplace and beyond. Please reach out, we are an eager partner.

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