

FOR IMMEDIATE RELEASE

Contact:

Kristin Dunn, Communications Manager  
(727) 524-4464, ext. 1723  
kdunn@directionsmh.org

1437 S Belcher Road  
Clearwater, FL 33764  
Ph (727) 524-4464  
Fax (727) 524-4474



**Fundraiser to Benefit Children's Mental Health Comes at Time of Great Need**

*Directions for Mental Health hopes event will raise awareness, funds for children's services*

**Clearwater, FL (May 5, 2010)** - Directions for Mental Health will hold a charitable golf event, the *Keep Kids Safe at Home Golf Inaugural*, on Thursday, May 13<sup>th</sup>. The event comes at an important time, with studies indicating increased mental health issues in both children and adults, and when many nonprofit mental health centers such as Directions are in need of additional financial support.

*Keep Kids Safe at Home Golf Inaugural* has been in the works for the past year, and Directions' Board of Directors, which is comprised of committed community supporters donating time and expertise, hopes the event will be a success. It will be held at the Belleair Country Club at 1 Country Club Lane, Belleair, FL. The event has elicited the support of over 30 sponsors and partners and will bring out many golfers.

The reality of the toll mental illness and economic stressors can have on children was recently highlighted in a report from researchers at the Children's Hospital of Pittsburgh. Their studies showed a significant rise in injuries due to shaken baby syndrome. Economic stressors have been cited as potential sources of the increase, which makes sense according to Directions for Mental Health's President / CEO David J. Lomaka. "The economy plays a major role in many individuals' mental health. There are very real concerns that come with financial hardship. The funds raised through this event – and whenever someone donates to our organization – help ensure that our children are not the victims of these hardships and are safer, healthier and have a shot at success down the road."

*Keep Kids Safe at Home Golf Inaugural* will benefit Directions for Mental Health's children's programs, but the agency also provides counseling and psychiatric care for adults. Anyone interested in making a donation should call (727) 524-4464.

**About Directions for Mental Health**

Directions for Mental Health, Inc., established in 1982, is a non-profit organization committed to helping heal the hurt in the lives of thousands of Pinellas County residents facing or at risk of facing mental health challenges. With nationally accredited programs, Directions sets the standard for best practices in mental health treatment, while making mental health care affordable and accessible to individuals and families, and building a safer, healthier community. Serving more than 9,000 people per year, Directions is dedicated to developing innovative programs that change lives, while reducing crime, homelessness, drug abuse and child abuse.

For questions about mental health services, visit Directions for Mental Health's website at [www.directionsmh.org](http://www.directionsmh.org) or call (727) 524-4464.

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