

MENTAL HEALTH MATTERS

Autism & Mental Health



Pine Rest clinicians talked with eightWest about the high prevalence of mental health disorders such as anxiety, depression, behavioral/conduct problems, and ADHD in individuals with autism spectrum disorder, what we need to understand better, and the services available to diagnose and provide treatment.

[Watch Full Interview on eightWest](#)

You Can Help Prevent Suicide

September is National Suicide Prevention Month



The best way to prevent suicide is through early detection! Learn about the warning signs, how to talk to a loved one or friend you are concerned about, and where to direct them for life-saving help.

[Suicide Prevention Info & Tips](#)

[More Articles & Resources](#)



Supporting Family Members in Recovery

September is National Recovery Month



Posed by models.

The road to recovery is challenging but those challenges can be managed more effectively when the family understands and provides healthy support. Therapist Kevin Neuman breaks down the type of family support that individuals in recovery typically find, and what they actually need.

7 Ideas & Tips for Healthy Support

More From Our Addiction Experts

Upcoming Support Groups & Community Classes



Addictive Behaviors Group Therapy Available Online!

Many people struggle with behavioral addictions like gambling, shopping, gaming, unhealthy eating, etc. Those in recovery from drugs and alcohol often find themselves more vulnerable to these types of addictions, especially when they are newly sober.

Our Addictive Behaviors Group is led by a licensed therapist in recovery from both substance use and behavioral addictions. The group meets online weekly and offers education and the opportunity to explore personal concerns with a group of others in a similar situation.

[More Info & How to Sign Up](#)

[Additional Classes & Support Groups](#)

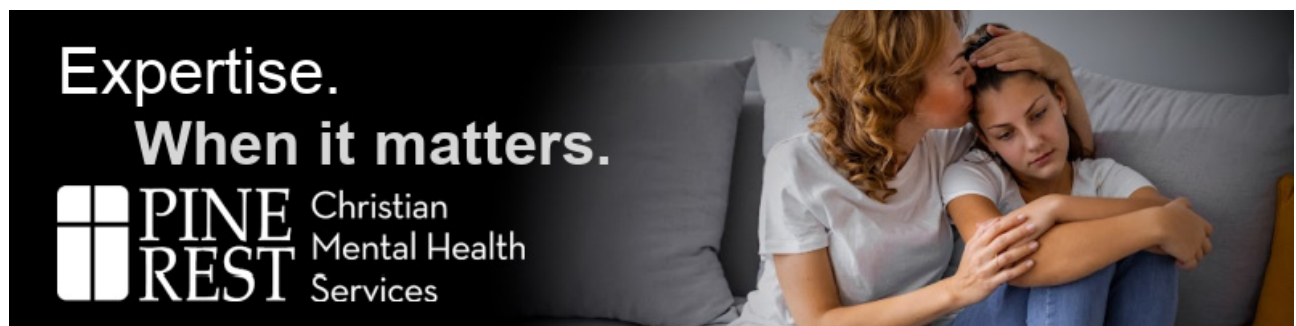
Voting: Show Pine Rest the Love!



Here's your chance to cast your vote for the *West Michigan Woman* Readers' Choice Awards! Pine Rest is in the running again for **Mental Health Services** and **Addiction Services**, under the 'Wellness' category. Voting closes September 20.

[Cast Your Vote Today!](#)

Mental Health Matters is your connection to the latest mental health news, resources and tips from our experts at Pine Rest and from across the industry. If you find this information helpful and informative, we hope you'll invite your friends and family to [sign up today!](#)



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