

Help West Central Behavioral Health

West Central Behavioral Health is a precious community resource for individuals, families and children who are experiencing depression and other mental health issues. The nonprofit community mental health care provider serves 2,000 clients each year totaling 55,000 client visits in Grafton and Sullivan counties. A huge percentage (85%) of its clients are either on Medicaid or are Medicaid-eligible (Medicaid covers only about 70% of the actual cost). They are the most vulnerable among us. West Central extends nearly \$600,000 in charitable care each year. There is a huge gap between what New Hampshire Medicaid pays and what West Central must raise from private sources.

A November article in Lancet Global Health stated that for every dollar invested in treatment for depression and anxiety there is a \$4 return in better health and productivity.

With COVID-19, the need for services provided by West Central Behavioral Health is greater than ever. The staff members are dedicated to working with their clients. They are often paid less than they can get in the private sector. As a former HR director at West Central, I know that many new-hires actually took a cut in their former pay to do this important work!

If you receive a stimulus check and are fortunate enough to be able to give some or all of it to a worthy cause, I suggest that you consider donating to West Central Behavioral Health. You can do so by visiting the website wcbh.org/donate/. I am delighted that I will am able to do so.

KIT HOOD

Sharon