

Press Release: Mental Health Task Force Releases Shareable Materials to Encourage Community Mental Health Support

Start 2022 with the “Ask 5” Campaign – Ask 5 People “Are you ok?”

ESCAMBIA COUNTY, FLORIDA – The Mental Health Task Force of Northwest Florida has released free, shareable materials to raise awareness about mental health and encourage community support for each other in the new year.

The first quarter of 2022 begins with the Task Force’s “Ask 5” campaign, which reminds people to take a moment to ask 5 people if they’re ok.

“This is a simple question, but it can make a big difference in helping someone feel seen and heard,” said State Rep. Michelle Salzman, who has spearheaded the Mental Health Task Force along with Quint Studer. “We encourage everyone to share these materials on social media and help us spread the message to encourage everyday conversations about mental health. Together, we can begin to erase the stigma and make our mental and emotional wellbeing a priority for everyone in our community.”

The social media materials are available on the Mental Health Task Force of Northwest Florida’s website. [\[See Media Assets\]](#) The materials are free and available to anyone, but organizations and individuals are also encouraged to take the mental health [pledge to action](#) to commit to making a positive impact on the mental health and wellness of your workplace.

Members of the network who sign the pledge are asked to actively promote mental health and wellness in addition to encouraging their coworkers and employees to Pledge 5, Ask 5, Take 5, and Give 5 in an effort to increase awareness of mental health resources and highlight the need for mental wellbeing.

The Mental Health Task Force of Northwest Florida will be releasing additional materials for each quarter of 2022, each with a different theme related to mental health awareness and advocacy.

About the Mental Health Task Force of Northwest Florida

The goal of the Mental Health Task Force of Northwest Florida is to act as a positive catalyst influencing the working and communal culture by the promotion of wellness to include optimal mental wellbeing for the workforce in Escambia and Santa Rosa Counties.

Our Mission

Provide mental health support and resources to all Northwest Florida citizens.

Learn More

To learn more about the Mental Health Task Force of Northwest Florida, visit [mentalhealthtaskforce.org](https://www.mentalhealthtaskforce.org).