

Behavioral Health Heroes

March 2025 Newsletter



Mental Health America Fredericksburg Region

Welcome to the first quarterly newsletter from Mental Health America Fredericksburg Region, or MHAfred! This newsletter is meant to inform, connect, and collaborate with our community, creating a link between MHAfred and all of you!

Upcoming Events

RIVERSIDE CENTER
FOR THE PERFORMING ARTS

next to normal

starring adrienne hick

July 2 - August 10, 2025

Call MHAfred at 540-371-2704
to learn how YOU can get **TWO
FREE TICKETS!**

Promoted by
B1015

2025

WALK

FOR MENTAL WELLNESS



MENTAL HEALTH AMERICA
FREDERICKSBURG REGION

We are hosting our annual **Walk for Mental Wellness** on May 3, 2025 from 9:00—12:00. Getting registered is simple, just click our flyer above to check out the site! Interested in walking as a group? Consider a sponsorship that includes free entry! If your practice would like to walk as a group, give us a call. We look forward to seeing you there!

Click here to
access the

MHAfred
HELPLINE

*Want to add a photo to your
profile? We can help! Call
MHAfred to add a personal
touch to your listing.*

**APPR: Action Planning for Prevention
& Recovery presented at
MHAfred**

A free customizable tool for main-
taining and growing your recovery
with mental health and other chal-
lenges.

[Click here for more info!](#)

[Click here to follow us on Social Media!](#)

MHAfred In the News!

Click each photo tile for a news story
featuring MHAfred.

Coalition works to
save lives from drug
overdoses

From Cathy Dyson with the Free Lance-Star.

Every servicemember
knows 'someone who
has died by suicide'

From Cathy Dyson with the Free Lance-Star.

Stress in
America:

Impact on Youth



Produced by Mental Health America Fredericksburg Region