

Chris Dodd

U.S. SENATOR FROM CONNECTICUT



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DODD: BEING HEALTHY MEANS TREATING YOUR BODY AND MIND

WASHINGTON, D.C. — Senator Chris Dodd (D-CT) released the following statement in observance of Mental Health Month, an awareness month run by Mental Health America.

“The most important thing a person can do to live a productive life is keep themselves healthy,” **said Dodd**. “But being healthy is more than just physical health. It means taking care of your mental health as well. Every day, especially in these tough economic times, Americans are faced with financial, family and work stressors. For some people, these stresses are overwhelming and adversely affect ones mental health. For those people, there are tests and tools that empower individuals to take control of their mental health and cope better with life’s stressors. During Mental Health Month, I encourage everyone to take control and take care of their mental health.”

The first Mental Health Month was observed in 1949. This year’s theme, [Live Your Life Well](#), promotes techniques of coping with stress and improving individual’s well-being.

Throughout his career, Dodd has been a strong advocate for mental health issues. Dodd was an original cosponsor of the Mental Health Parity Act of 2007, which expanded on the 1996 legislation and improved mental health coverage for millions of Americans by including deductibles, co-payments, out-of-pocket expenses, coinsurance, covered hospital days and covered out-patient visits.

Dodd, along with former Senators Pete Domenici (R-NM) and Edward Kennedy (D-MA), cosponsored the Child and Adolescent Mental Health Resiliency Act of 2007, which would promote seeks to increase both the quality of and access to services for children with mental health issues. He also was an original cosponsor of the Mental Health In Schools Act of 2007, which would provide competitive grants to local education agencies to assist them in providing school-based mental health programs for elementary and secondary students.