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# DOCOMO PACIFIC supports Guam Behavioral Health and Wellness Center's "Seeing Through Stigma" Events

Tamuning, Guam (June 07, 2021) – DOCOMO PACIFIC, regional leader in innovation, telecommunications, & entertainment, supports Guam Behavioral Health and Wellness Center's "Seeing Through Stigma" Events for the month of May.

In observance of Mental Health Awareness Month, the Guam Behavioral Health and Wellness Center Employee Association held a series of events, which included: a virtual 5k, an island wide youth art competition, a commissioned mural, a lighting ceremony, and wellness festival. In sum, the events were designed to encourage the community to prioritize mental health and to increase awareness of the support programs that are available locally.

DOCOMO PACIFIC contributed items to the 5K finisher packets for the first 150 registrants and a cash donation to go towards the lighting ceremony. The overall proceeds raised throughout the month of May will go toward supplying much needed resources for the I Guma Mina'åse' Sr. Brigid Foster Home in Barrigada Heights.

*"This pandemic has taught us the importance of prioritizing our mental health and that we are stronger when we join together as a community in taking on these tough issues. We want to build on the momentum from this month by encouraging everyone to see through the stigma around mental health and create positive change one mind at a time. You are not alone. GBHWC is here to help. Call our 24/7 Crisis hotline at 647-8833/34."*

— Isabella Shinohara, Social Marketer/Communication Manager, Guam Behavioral Health and Wellness Center

Guam Behavioral Health and Wellness Center's mission is to provide culturally respectful, quality behavioral health services, that support and strengthen the well-being of the persons served, their families and the community in a safe environment. If you need a someone to talk to regarding your mental health, you can contact their crisis hotline at 671-647-8833/34 or visit their website at <https://gbhwc.guam.gov/>.



**DOCOMO PACIFIC donation**

From Left: Isabella Shinohara, Social Marketer/Communication Manager, Guam Behavioral Health and Wellness Center and Jared Roberto, Public Relations Manager, DOCOMO PACIFIC



**“Seeing Through Mental Health Stigma” mural located at St. Anthony Catholic School Wall in Tamuning, Guam**



### **Lighting Ceremony Event**

Each bag was dedicated to those who are currently suffering with a mental health related illness and to those who lost their lives to their mental health struggle. Families were able to write a positive mental health message if they didn't have someone to dedicate the bags too.

### **About DOCOMO PACIFIC**

DOCOMO PACIFIC is a wholly owned subsidiary of NTT DOCOMO, Japan's leading mobile operator. Headquartered in Tamuning, Guam, DOCOMO PACIFIC is the largest provider of personal, residential, enterprise connectivity and entertainment services in Guam and the Northern Mariana Islands. Named Guam's most reliable network, based on GWS' 2019 OneScore ranking. We are also the 5-time winner of Pika's Best of Guam and 4-time winner of Best of The Pacific. DOCOMO PACIFIC is dedicated to bringing you and your family closer to the things that matter most. Get to know more about what makes us "Better Together" at [www.docomopacific.com](http://www.docomopacific.com).

#### ABOUT BETTER TOGETHER

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