Dr. Okah “Justin” Anyokwu Urges Georgians to Make Mental Health Conversations a Priority During Suicide Prevention Month

Dr. Justin Anyokwu urges Georgians to prioritize mental health conversations and connection to resources during Suicide Prevention Month.

ATLANTA, GA, UNITED STATES, September 3, 2026 /EINPresswire.com/ -- Avant Interventional Psychiatry encourages open conversations, greater awareness and connection to mental health resources throughout September.

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>
> *Dr. Okah “Justin” Anyokwu*

ATLANTA, GA — As communities across the country recognize Suicide Prevention Month this September, Dr. Okah “Justin” Anyokwu, Medical Director of Avant Interventional Psychiatry, is encouraging Georgians to make mental health conversations a priority — not only during times of crisis, but throughout the year.

For Dr. Anyokwu, suicide prevention begins with creating an environment where people feel comfortable talking about their mental health and asking for help when they need it.

“One of the most important things we can do is make it easier for people to talk about what they’re experiencing,” said Dr. Anyokwu. “Sometimes a simple conversation or check-in can be the first step toward helping someone realize they don’t have to navigate a difficult time alone.”

Throughout September, Avant Interventional Psychiatry is placing an increased focus on suicide prevention awareness and encouraging its staff, patients and community partners to help normalize conversations surrounding mental health.

The practice is also using the month as an opportunity to remind families, friends and coworkers to pay attention when someone they know begins behaving differently.

Changes in mood or behavior, increased isolation, expressions of hopelessness, significant changes in sleep or daily routines, or withdrawal from activities and relationships may be reasons to check in and encourage someone to connect with appropriate support.

Dr. Anyokwu emphasizes that mental health concerns can affect individuals of every age and background and that seeking professional support should be viewed with the same importance as seeking care for physical health concerns.

“People shouldn’t feel that they have to reach a breaking point before they can ask for help,” Dr. Anyokwu said. “Mental health care can begin with a conversation, an evaluation or simply acknowledging that something doesn’t feel right.”

Avant Interventional Psychiatry provides psychiatric and behavioral health services for adults, children and adolescents throughout Georgia. Services include psychiatric evaluations, medication management, interventional psychiatry, psychotherapy, telepsychiatry and additional treatment options based on individual patient needs.

The practice also works with physicians, therapists, schools, families and community organizations to increase awareness of available mental health resources and help connect individuals with appropriate care.

As Suicide Prevention Month continues, Dr. Anyokwu hopes the conversation extends beyond September.

“Awareness months give us an opportunity to bring attention to an important issue, but checking in with the people around us should happen all year,” he said. “We all have a role in creating a community where asking for help is accepted and encouraged.”

If you or someone you know is experiencing suicidal thoughts or emotional distress, call or text the 988 Suicide & Crisis Lifeline at 988 for crisis support.

For more information about Avant Interventional Psychiatry and available mental health services, visit avantpsychiatry.com or call 770-694-6349.

About Avant Interventional Psychiatry
Avant Interventional Psychiatry is a Georgia-based mental health practice providing comprehensive psychiatric and behavioral health services for adults, children and adolescents. The practice offers psychiatric evaluations, medication management, psychotherapy, telepsychiatry and advanced treatment options through multiple metro Atlanta locations and virtually throughout Georgia.

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