

May is Mental Health Awareness Month

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HUNTSVILLE, Ala - May is Mental Health Awareness month and that makes "now" the perfect time to reach out for help if you're in need of mental health services or know someone who is.

Myron Gargis, Executive Director of Mountain Lakes Behavioral Healthcare, talks with Michelle Stark about the importance of mental health care.

Gargis encourages viewers to seek mental health care if warranted as early as possible. Mountain Lake Behavioral Healthcare is a local center that serves Jackson and Marshall counties, but each county in North Alabama has a mental health center available to serve its residents.

To learn more, go to <http://mlbhc-web.com>.



CZECH-US-CRIME

Handcuffed defendant Kevin Dahlgren (3rd L) charged with quadruple murder is escorted to the courtroom for his trial on May 21, 2016 in Brno.

US Kevin Dahlgren charged with quadruple murder waits at the courtroom for his trial in Brno

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Lauderdale County Deputy returns to work 3 months after being shot



Man accused of shooting Lauderdale Co. Deputy discharged from hospital, charged with attempted murder



Mother, boyfriend charged in 1-year-old's death in Franklin County



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