# Prevention in Action

## Karen Friedman

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“At the YMCA, we see the role of community-based organizations having a lot of empowerment in supporting the mental health of communities. We talk about belonging, achievement, and relationships — and this is really connected to the urgent, related, and preventable terms. Our communities are suffering in terms of mental health. So, urgent really connects to us in that we need to do something now. Preventable helps support what our role can be.”