**Celebrating the Power of Rural in California Communities**

Let's face it, rural life can be tough. Our resiliency and resources have been even more strained this year with the ongoing challenges of the pandemic and drought. Rates of suicide are higher in rural areas, yet mental health and substance use services and supports are often limited. While our strength and independence serve us well in good times, when things get hard personally, it can be difficult to ask for help.

Yet rural communities and residents are also resilient. When disasters hit, we tackle the problems and get help those in need. We thrive on our relationships, and when we work together there is very little that we can't accomplish. When we know someone needs help, we are willing to step up and chip in.

November 18th is National Rural Health Day, when rural communities around the nation to come together to celebrate the Power of Rural. Rural communities are full of heroes that are striving every day to make life better for their neighbors.

In this year characterized by anxiety, uncertainty, and life and death challenges, we have not only survived but found ways to adapt and thrive. On this Rural Health Day take a moment to check in with a friend or family member that may be struggling and let them know that you are there for them. Reach out to one of the everyday heroes in your community and thank them for all they do. Don't forget to take some time for yourself; appreciate the bounty that rural life offers close at hand. Visit a park or natural area, enjoy a meal with locally farmed ingredients, and drop off a little extra to someone who can use the lift.

* Insert your own web site or social media channel