

## **Library collaborates with Mental Health Department to create special kits**

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*Mary Conable, left, and Lisa Gricius show off a display holding the well-being kits at the Warsaw Public Library, 130 North Main St., Warsaw. Photo provided*

Twelve new kits are available to area public library patrons looking for more information about mental health topics ranging from managing your child's emotions to addressing loss and grieving. Each kit includes several books, a blank journal for note-taking, and a folder with information from area agencies that can provide additional support. There is also a light therapy lamp available to borrow through this project. Warsaw Public Library and the Wyoming County Department of Mental Health collaborated to gather the information and make it available to patrons of the 42 OWWL libraries in Ontario, Wayne, Wyoming and Livingston counties.

Funding for the initiative came from the Wyoming County Mental Health Department's System of Care Grant.

Warsaw Public Library's Children's Services Director Mary Conable said that some of the kits are designed to start family conversations. One kit, "Family Problem Solving," contains books about common issues that families may encounter such as bedtime worries, sibling disagreements and anger management skills.



*Items included in one of the well-being kits. Photo provided*

“The kits provide you with a lot of information without spending a lot of time gathering it yourself and most of it is focused on practical skills,” she said. “If you need more information and help, you can find local phone numbers included in each kit.”

Prior to her career at Warsaw Public Library, Director Lisa Gricius worked in the mental health field. “Mental health services and libraries are important to me,” Gricius said. “Both can improve the quality of life for their patrons. I am proud to see this new borrowing service come together with the support of local mental health agencies.

“We are excited to offer these carefully curated well-being kits to the community, providing practical information on a variety of critical mental health topics that can benefit our patrons. We are grateful to the Wyoming County Mental Health Department for supporting this project and to area agencies, such as Spectrum and Hillside, for providing literature and resources for borrowers wishing to seek further assistance.”

For more information, contact your local public library. The Warsaw Public Library can be reached at (585) 786-5650. You may also find a list of the kits and their contents by searching the OWWL catalog at [owwl.org](http://owwl.org) with the term, “well-being kit.” The kits can be delivered to any OWWL member library.