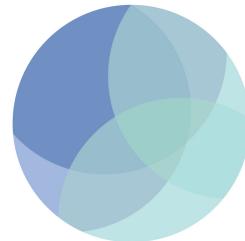

Reminder: Hi, friend: Here's the latest from MHRBWCC!

1 message

Mental Health Recovery Services of Warren & Clinton Counties <jcummings@mhrbwcc.org> Thu, Dec 3, 2020 at 7:30 AM
Reply-To: jcummings@mhrbwcc.org
To: chamber45005@gmail.com



Mental Health Recovery Board

Serving Warren & Clinton Counties

eNews for December 2020

**Crisis Hotline: 877 695-NEED (6333)
Crisis Text Line: text '4hope' to 741741**

Merry Christmas & Happy Hanukkah!

This strange and unprecedented year 2020 is nearing an end. Many of us are likely very happy to see it go!

Yet it's important as we celebrate the holidays and prepare for a new year to think about what has been achieved despite the COVID crisis. Many of us have had opportunities to grow closer to family through regular Zoom chats and phone calls. We've learned to not take friendships for granted, and we've realized our own potential for resilience.

We have also reached out more to help our family, friends and neighbors to better cope with this strange and weird year. Please don't lose sight of those gifts as we start 2021. Keep that going!



Merry Christmas, Happy Hanukkah and Happy Kwanzaa to all!

New video gives tips for choosing a therapist

Once someone has decided to seek help for a mental health or addiction concern, the next hardest thing might just be deciding who to see for that help. Is an online app better, or should I go to a local therapist?

MHRBWCC put together a video that helps to walk people through that decision process, highlighting things they should consider when deciding on a place to turn such as office hours, insurance, therapy types and more. [Check out the video](#) and share it with others you know who may be thinking about starting therapy.

Starting 2021 on a mentally healthy high note



As we head for a brand new year of possibilities, it might be a good idea to think about the ways we managed through 2020. What got us through, and what can we do to make 2021 better?

The folks at House Beautiful came up with some great options for starting 2021 on a good note. Taking in movies, setting a goal or two, or maybe taking a "me" day can do us all some good!

[Check out](#) their other ideas for moving forward on a good note!

Make the holidays brighter for psychiatric hospital patients with "Wish List Project"

The holidays can be tough for people in psychiatric hospitals. That's why Adult Advocacy Centers is coordinating with Ohio's psychiatric hospitals to make the holidays brighter for patients.

The Amazon "Wish List" project offers gift ideas to purchase and send to patients. The list covers items like coloring supplies, journals, games, and crafts to name a few.

If you would like to participate, you can find items on lists for [Summit Behavioral Healthcare](#), [Northwest Psychiatric Hospital](#), and [Twin Valley Behavioral Healthcare](#).



Drug Take Back Day nets 60,000 pounds statewide

The recent Drug Take Back Day in our area and across Ohio was a resounding success! Reports



from the Substance Abuse Prevention Coalition of Warren County indicate nearly 1200 pounds of old or unused medications was collected on Oct. 24th, while in Clinton County 689 pounds of medication were collected. The large quantities are mostly due to no Take Back Day being held in April due to COVID. Still, it is a testament to the care that our region has for keeping medications out of the wrong hands.

Statewide, nearly 60,000 pounds of medications were collected according to the U.S. Drug Enforcement Administration. Ohio ranked second place across the country for the number of collection sites at 266. Thanks to all who helped or participated!

Online assessments: anonymous and impactful

We all feel down or anxious from time to time. But when those feelings last more than a day or two, or they start affecting your everyday life, it could be something that needs a little extra help to get through.

So, how do you know to find help? Through an anonymous assessment, of course. Our online options range from depression and anxiety to substance use disorders, eating disorders, and more. [Give one a try today!](#)



Want to know more about mental health or addiction? MHRBWCC's Speaker Bureau can help!

Mental health and addiction cover a LOT of ground, from specific illnesses to treatment and prevention options to recovery supports. The MHRBWCC Speakers Bureau can provide staff or board members to talk about most any topic related to mental health and addiction. If your organization or group would like to learn more about subjects within the mental health and addiction field, give us a call at (513) 695-1695 or [complete this form](#). We look forward to talking with you!

When you need to talk but can't make a call: Use the Crisis Text Line

Crises aren't "9 to 5" happenings. They sometimes come on when it's not easy to pick up a phone and call someone.

But you can text for help at any time! Chat with a trained person by texting "4hope" to 741741. That person will help you de-escalate and can offer information about local resources where you can find in-person help if needed.

The Crisis Text Line is always there for you, 24/7. Just send a message!

CRISIS TEXT LINE |

Text 4hope to 741741

STAY CONNECTED



MHRB Serving Warren & Clinton Counties | [201 Reading Rd., Mason, OH 45040](#) (513) 695-1695

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