

TOGETHER WE CAN...



DEAR NEIGHBORS,

This is the time of year to reflect on the things for which we are grateful- family, friends, plenty of food, a warm home. This is also the time of year we tend to share stories. The Lakes Region Mental Health Center family wants to share one story of *Laura in Crisis*. (Not her real name, of course.)

Hospital emergency rooms can be frightening for anyone, but perhaps none more significantly than for a person in psychiatric crisis.

Last summer, Laura went to the ER, stating she wasn't well, and she didn't know why she felt so helpless and hopeless. She hadn't been sleeping or eating and was losing weight. She didn't have anyone to talk to. Hearing this information, hospital staff brought Laura to a different waiting room in a locked extension of the ER, where she was scanned with a metal detector, (a precautionary measure for her safety). But Laura is alarmed and doesn't understand. She's further confused when asked to change into paper scrubs and put her all of her personal belongings in a locker.

Because of her symptoms, LRMHC staff were asked to evaluate Laura to determine the best course of action. They assess her and determine that Laura can go home, with a plan to follow up with a LRMHC therapist the next morning. They help her to call a friend who can pick her up from the ER and stay with her in the meantime. They also give Laura the Mobile Crisis Response number to call 24 hours a day, 7 days a week, if she is ever feeling this way again. Laura is told that MCRT can talk with her, and even drive right to her home if needed. Laura is grateful for the information and the chance to talk with someone who can help. She feels a spark of hope for the first time in months.



FROM JULY 1, 2021 TO JUNE 30, 2022, LRMHC:

CARED FOR 3,512 PATIENTS

SINCE MARCH '22, THE MOBILE CRISIS RESPONSE TEAM RESPONDED TO 243 CALLS
PROVIDED \$372,950 IN CHARITY CARE TO NEIGHBORS IN OUR 24-TOWN AREA

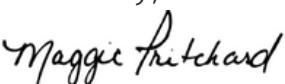
Three months later, Laura has learned that *together, she can!* She meets with her therapist regularly and is able to better identify the warning signs when she is getting in a bad space. She's healthy and has gained some weight. Best of all, her friend is still there for her, and they check in every day.

Regardless of the circumstances, Lakes Region Mental Health is ready to step in 24 hours a day, 7 days a week, 365 days a year, to help people experiencing mental health crisis and provide them with ongoing support. Our center provides treatment and care that includes delivering or acquiring things they need- like shelter, food, peer support and much more. The goal is always to help people have joy-filled lives and to recover from some of life's hardest moments.

As you think about what you are grateful for this year, please think about helping the hundreds of other neighbors in our community like Laura. *Your gift of \$1,000 can provide 4 Emergency Room Assessments. A gift of \$500 can provide 4 Individual Therapy Sessions.* And gifts of \$100, \$50 or \$20 can assist with co-pays and deductibles and help bring hope to people who are struggling to keep their lives together.

And when we here at Lakes Region Mental Health Center reflect on what we are grateful for this year, it is people like **YOU**- who have given so generously in the past to support your neighbors. **Together** we can sustain a healthy community.

Sincerely,


Maggie Pritchard
CEO


Laura LeMien
Board President

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