

WOODWORK - LITE

YOUR SATISFACTOR-TREE SOURCE OF WOOD COUNTY NEWS

AWARENESS ALERT

May is Mental Health Awareness Month

This May is the perfect time to raise awareness around our overall state of well-being and discuss what mental health means in our own lives. By talking openly about mental health and starting a national dialogue, we can slowly start to remove the stigma that surrounds mental illness. Having a mental health condition is not uncommon. In fact, 1 in five people suffer from one. Why are we so comfortable talking about other aspects of our help with friends, family, and co-workers but avoid mentioning that we are being treated for depression or anxiety?

Let's not only make mental health a normal conversation but make mental well-being a priority. It is important as regular exercise and good nutrition.

The Wood County ADAMHS Board wants to help those in need and recommends that you dial 2-1-1 to connect to local services. Don't let the stigma get the best of you and your loved ones.

Treatment works. People recover.
Treatment works. People recover.

SERVICES

Wood County Crisis Line

If you or someone you know exhibits the following signs of a mental health crisis, please call the Wood County Crisis Line at 419.502.HOPE (4673) for immediate assistance.

- Feeling excessively sad or anxious
- Hopelessness
- Thoughts of suicide
- Feeling like harming others or yourself

Dial 2-1-1

Use this number to connect to local services.

Crisis Text Line

Text '4HOPE' to talk to a trained crisis counselor.

Mobile Response Stabilization Service (Children's Resource Center's Crisis Service)

Use (419) 352-7588 for a youth in crisis

COMMUNITY ANNOUNCEMENTS

Project DAWN

Project DAWN is an opioid overdose education and naloxone distribution (OEND) program. Eligible program participants are individuals who are at-risk of opioid overdose including those who are in recovery for opioid addiction and those who are actively using opioids, in addition to individuals who know someone who is at risk for opioid overdose.

For more information or to receive training for the administration of naloxone, please call the BG Zepf Center at [\(419\) 841-7701](tel:4198417701) X 9000.

The Connection Center

See the attachments in the email for their newsletter and calendar!

NAMI Wood County

NAMI Wood County's Mental Health Conference Series will be May 3rd at 9AM!

This conference series provides opportunities to further educate oneself on the topic of mental illness. This program is for mental health professionals, family members, individuals living with mental illness, and community members. There is a cost associated with this program. The cost will cover meals and materials for the day.

Sign up, get your CEUs, and get a yummy lunch at: <https://namiwoodcounty.org/mental-health-conference/>

NAMI Wood County is also hosting a Golf Outing on June 7th! Come one, come all!

Players and sponsors can register at: <https://namiwoodcounty.org/form-view/15>

Wood County Suicide Prevention Coalition

Perspective is key, thus why the coalition is in search of community voices. The next SPC meeting will be May 2nd at 1:30PM at the ADAMHS Board.



Wood County
ADAMHS
Promoting Community Wellbeing

Alcohol, Drug Addiction and Mental Health Services Board