



Mental Health Recovery Board

Serving Warren & Clinton Counties

eNews for April 2020

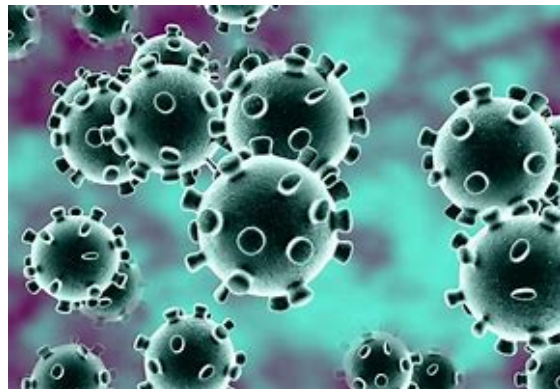
Crisis Hotline: 877 695-NEED (6333)
Crisis Text Line: text '4hope' to 741741

MHRBWCC staff still available as stay at home order extended

With the extension of Governor DeWine's stay at home order through May 1, MHRBWCC staff will continue to work remotely. But that doesn't mean you can't get in touch with us! We still have access to our email and phone messages, so you can continue to call or send a message to us just as you always have.

Also, don't forget to stay safe by:

- wearing a mask when you're out of the house
- washing your hands regularly
- disinfecting surfaces, door knobs, and other commonly used areas at home



Coronavirus resources available on MHRBWCC website



There are lots of questions about Coronavirus:

- how is it spread?
- what can I do to protect myself?
- how can I ease my anxiety around staying at home all the time?

To help answer these questions and more, we've put together a list of resources. Visit the [COVID-19 Resources page](#) for answers to several questions and resources that offer some help to ease your concerns. If you have a resource suggestion, email it to jcummings@mhrbwcc.org.

Podcast: Coronavirus anxiety with Dr. Jason Weisman

Whether you're home alone or with family, chances are you've experienced a little anxiety around Coronavirus and having to stay at home.

Recently we talked with Dr. Jason Weisman of Sparks Psychological Services in Cincinnati, one of MHRBWCC's provider partners. In our latest podcast episode, Dr. Weisman offers some ideas and tactics to help ease your mind some. And if you're a first responder, Dr. Weisman has some suggestions for you, too!

[Listen to our latest episode](#) now!



Cabin fever setting in? Beech Acres offers ideas to help



With families spending so much time together in close quarters, there's bound to be issues - cabin fever, kids arguing over toys, and maybe even a dose of, "Mom, I'm so BORED!!!"

Jill Huynh of Beech Acres Parenting Center has some ideas to combat the feelings that arise with all that togetherness. Take a look at our vlog post, where Jill suggests some things parents can do with kids - or even for themselves as the Coronavirus stay at home order continues.

[Take a look!](#)

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!](#)



April 8th webinar to focus on preventing child abuse during the Coronavirus pandemic

Join GroundWork Ohio and its co-sponsors on Wednesday, April 8th at 1 PM for a webinar on **Preventing Child Abuse During Coronavirus Pandemic**.

Speakers will share insights on the impact of the pandemic on rates of child abuse and neglect in the state and how we can respond to these challenges through an early childhood mental health and trauma lens.



Register today! Visit <https://zoom.us/webinar/register/WN ITS3m9ZATf aRxhXrO6NhEw>.

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

Mental Health Recovery Board Serving Warren & Clinton Counties | (513) 695-1695 mhrbwcc.org

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