



Mental Health Recovery Board

Serving Warren & Clinton Counties

eNews for August 2020

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

Suicide on the rise in Ohio, new report finds

A newly released study shows that suicide rates have exploded in Ohio over the past decade - and it could grow even worse because of the coronavirus pandemic.

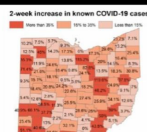
The study, compiled by the Ohio Alliance for Innovation in Public Health, the Ohio Suicide Prevention Foundation, the Mental Health & Addiction Advocacy Coalition, and Ohio University, was released in early July. "Suicide in Ohio: Facts, Figures and the Future" provides a stark look at numbers and long-term trends across the state, as well as data for Northeast and Southwest Ohio. Researchers say they wanted to provide insight so that government officials, healthcare workers, and community organizations could work on services to prevent suicide.

To learn more, read the full reports [here](#).

Groups ask public to wear masks to protect against coronavirus



**We're Still in a
Pandemic**
And while we're excited to re-open and get back to normal, the reality is we're seeing an increase in cases across the state.



With the coronavirus pandemic continuing its carnage across Ohio and the country, several groups in southwest Ohio are encouraging residents to wear masks whenever you're out in public.

While we are not having visitors due the pandemic, MHRB asks anyone coming by for any length of time to wear a mask while here. Staff are doing the same, wearing masks in public areas of the building and during staff meetings.

Let's take care of one another and respect our health! When we're out, masks on!

MHRB's Provider Network Guide updated for FY21

The MHRB Network Provider Guide has been updated for FY 2021 and is now available [on our website](#).

The Guide lists several of our contract providers, addresses, phone numbers, and services they offer to residents of Warren and Clinton Counties. The updates include new providers, office locations, and the overviews/definitions of services.

Check out the newest version now on [our website](#). You can also soon pick up copies at local libraries where brochures are offered.

Gov. DeWine extends emergency rules on telehealth

Mental health and addiction therapists and counselors can continue using telehealth options to see clients as the coronavirus pandemic continues to prevent in-person sessions.

Governor Mike DeWine signed the [executive order](#) earlier this month allowing the use of telehealth options, including phone calls, to conduct therapy sessions. Counselors and therapists have been able to use telehealth options since the pandemic began earlier this year.

DeWine's order expires 120 from signing unless it is renewed.



FCC designates '988' as National Suicide Prevention Hotline



The Federal Communications Commission (FCC) adopted rules earlier this month that will establish [988](#) as the new national 3-digit number to call and connect with suicide prevention and mental health crisis counselors.

The rules direct phone service providers to direct 988 calls to the National Suicide Prevention Hotline by July 16, 2022. During the transition, calls from Americans needing help can go to local crisis hotlines (ours is 877-695-6333) or to the national Suicide Prevention Hotline at 800-273-8255.

Talbert House creates, distributes staff appreciation baskets

In this time of COVID-19, agency staff members can feel drained, strained, and - well, chained to desks through Zoom call after Zoom call after ... you get the picture.

So major kudos to the leadership at Talbert House's Warren and Clinton County sites for creating baskets to boost line staff and thank them for the work they are doing in the midst of all the challenges they face.

Baskets included handwritten thank you cards to each staff member, water and lemonade, LifeSavers, and chocolate!

Thanks to all line staff at each agency for all they do to help clients in the midst of this pandemic.



#BeTheDifference: Self-Care Strategies in the age of COVID-19



As coronavirus continues to ravage the country, many people are left feeling sad, alone, exhausted, or worried. That's why it's more important than ever to make your own mental health a priority.

Self-care strategies can help you and your loved ones cope with the changing nature of the pandemic. Things like eating right, exercising, and giving yourself some "you" time are all great suggestions. Mental Health First Aid offers some other great tips. [Check them out!](#)

Help.org names Best Drug & Alcohol Rehabs in Cincinnati

Several contract agencies that deliver services for MHRB in Warren and Clinton Counties have been named "Best Drug and Alcohol Rehab Centers in Cincinnati" by Help.org.

Sojourner Recovery Services, Solutions Community Counseling and Recovery Centers, and Talbert House have all been named to the list, released in early July.

Congratulations to our partner agencies!



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

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

STAY CONNECTED

