



Mental Health Recovery Board

Serving Warren & Clinton Counties

eNews for June 2020

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

We're moving! Please update your files with our new address

As MHRBWCC prepares for a new fiscal year, the board staff is picking up stakes and heading to Mason.

Starting June 1, our new address will be **201 Reading Rd., Mason, OH 45040**. Our email and phone contact information will remain the same.

The move is taking place to open the Lebanon campus for more client care options. We're excited to serve our counties from our new location.

VENDORS: if you have not already, please send all invoices to invoices@mhrbwcc.org.



Suicide prevention webinars scheduled for residents of Warren and Clinton Counties

As part of our observance of Mental Health Month, MHRBWCC and [Talbert House](#) are collaborating on a webinar to help residents of Warren and Clinton Counties learn about suicide prevention techniques and how to spot signs of suicide.

There will be two options from which to choose: Wed., May 27th at 10 AM or Wed., June 3rd at 3 PM.

Click on one of the links below to register now!



Register for May 27th at 10 AM

Register for June 3rd at 3 PM

"Coping with COVID" webinar for clinicians & first responders

The COVID-19 crisis has upended everyone's lives. But for clinicians and first responders, the crisis has opened the door to many more issues with job and home demands.

MHRBWCC hosted a webinar in mid-May with a panel of first responders and clinicians who shared their own experiences, along with coping strategies from Dr. Jason Weisman.

If you weren't able to attend, you can watch the recording [here](#).



COVID-19 resources to remain on MHRB website

We've worked hard for the past several weeks to maintain various links to helpful COVID-19 resources for provider agencies, clients and others who live in Warren and Clinton Counties. While the crisis continues, MHRBWCC will keep the information page and update it with relevant links to help keep you up-to-date. If you have a suggestion for a new link, please send it to jcumings@mhrbwcc.org.

MHRB board and staff say thanks to providers



The COVID-19 crisis created a bunch of changes in how our providers had to work. From setting up new ways of connecting with clients to adapting to different work schedules and locations, providers across the MHRBWCC network made it all work!

Along with our board chairperson, the staff at MHRBWCC created a video to express our deepest appreciation to all providers for their hard work. They've kept clients moving on the road to recovery via phone or telehealth, and taken on new clients, too.

Thank you all! For a look at the video, click [here](#).

FCC's Lifeline program offers discounts for phone and broadband service

SAMHSA recently sent information to help qualifying low-income consumers with discounts on cellphone and broadband service. The Federal

Communications Commission's Lifeline program offers monthly discounts through various carriers.

To have a client apply for coverage, visit <https://www.lifelinesupport.org/national-verifier/>.

To find Lifeline carriers in your area, check this website: <https://data.usac.org/publicreports/CompaniesNearMe/Download/Report>



Hotline expands offerings with warm line features

The COVID-19 crisis has created a lot of anxiety in everyone's lives, but the questions that some people may have about the crisis' effect on mental health may not rise to the level of a hotline need.

That's why MHRBWCC staff have worked to add a warm line component to the current hotline number (877-695-6333). Here's how it works:

When someone with a general mental health question calls, the person answering can offer reassurance and ideas to help relieve the caller's anxiety - all at NO COST to the caller. If the caller would like to talk a little further with a counselor, the hotline staff can connect them to a counselor. The counselor and caller may decide to create a client relationship and pursue treatment if they feel the concern needs more attention.

We're excited to offer this assistance to residents of Warren & Clinton Counties!

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!](#)



May is Mental Health Month



Each May, boards and provider organizations alike mark Mental Health Month. It's a time to learn more about mental illness, recovery, and prevention techniques to share with family and friends.

Keep an eye out for different opportunities from MHRB throughout the month. We are working on learning events via a webinar and Facebook Live, as well as continued social media and blog posts on our website.

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

