



Mental Health Recovery Board

Serving Warren & Clinton Counties

eNews for March 2020

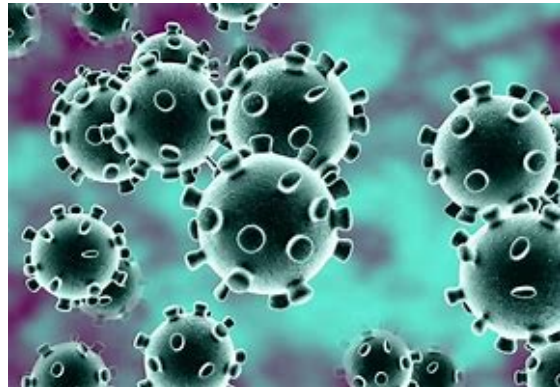
Crisis Hotline: 877 695-NEED (6333)
Crisis Text Line: text '4hope' to 741741

Anxious about coronavirus? Tips to maintain perspective

The news about coronavirus is everywhere. But even with coverage ranging from where the virus is spreading to how it's being treated, there's still not much devoted to the anxiety that many people feel about it.

We found [a helpful piece](#) from [healthyplace.com](#) that may provide some perspective. If coronavirus has caused you concern, take some time to check out these 6 tips to reduce anxiety.

You can also stay informed through information from the [Centers for Disease Control](#).



'Ouch! That Stereotype Hurts!'

Training aims to build cultural competence on impact of stereotypes

Whether you work with clients living with mental health issues, or you are interested in learning more about the impact of stereotypes, knowing how to help diffuse problematic use of words can go a long way toward helping people feel valued.

This March 13th training in Clinton County can help participants understand the effects of stereotypical language, even casual comments, and offer tips on how to speak up in situations.



Vaping: What's all the fuss about?

MHRB podcast looks at what it is, strategies to fight vaping

There's not a lot of research - yet - on the effects of vaping, but we know it's all the rage among lots of people - particularly our teenagers.

On the latest MHRB Podcast, we sat down with Tommy Koopman, MHRB Deputy Director of Prevention & Wellness, to talk about what vaping is, why it's taken off in popularity, how it affects teenagers, and what parents can do to prevent their kids from trying it.

Listen to the latest podcast [now!](#)



'Rise' newspaper aims to empower people reentering society after incarceration



When it's time to leave jail, many people who have been incarcerated don't have connections to resources that can help them re-establish themselves wherever they are headed. Those barriers affect their ability to succeed.

Enter "Rise", a newspaper dedicated to providing county-specific resources and support to jail inmates near ready or ready to be released. The paper is currently distributed in Hamilton County and Montgomery County, but expansion to new areas is happening - SOON!

Take a look at past issues on [the Rise website](#).

Operation Street Smart: Learn about current drugs and concealment techniques

Do you know what the current drug trends are among teens? What do you know about the possible places that drugs can be hidden, right in front of you?

Find out the answers to these questions and more at "Street Smart: Ohio" on Thursday, March 5th at Kings Junior High Multipurpose Room. You'll hear from retired undercover narcotics officers who will

review information about terminology, trends in drug use, and more.

The event starts at 6:30 PM. For more information check out [this flyer](#).



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

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