

Mental Health Recovery Board

Serving Warren & Clinton Counties

eNews for May 2020

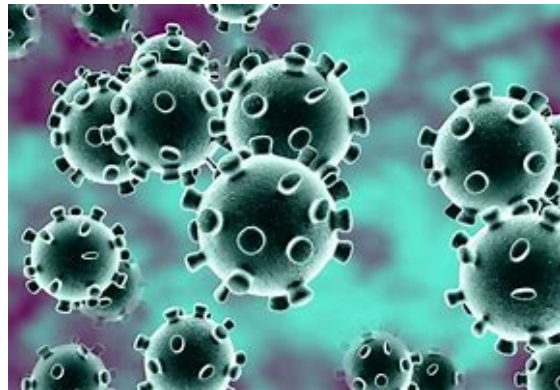
Crisis Hotline: 877 695-NEED (6333)
Crisis Text Line: text '4hope' to 741741

MHRB staff returns to the office

As Ohio's "stay at home" order changes to allow some businesses to reopen, the MHRB staff has returned to our office as of today, Monday, May 4.

However, in keeping with the governor's recommendations for office environments, we will not be having visitors for the foreseeable future. Please continue to use phone and email to get in touch with us.

We will update you when we are able to welcome visitors back to our office! Until then, we urge you to stay safety, wear a mask and wash your hands often!



Coronavirus resource page will remain on MHRB website



Since the coronavirus crisis began, MHRB has maintained a resource page to help visitors find information quickly. As Ohioans begin returning to work, we know that keeping this resource active is still incredibly important.

To that end, we will maintain this page as long as it is needed. If you have links or information to add, please email [jcummings@mhrbwcc.org](mailto:jcumings@mhrbwcc.org) and we will review before adding to the list.

Working to keep you safe and provide trusted information!

Webinar planned to help clinicians, first responders in the wake of coronavirus crisis

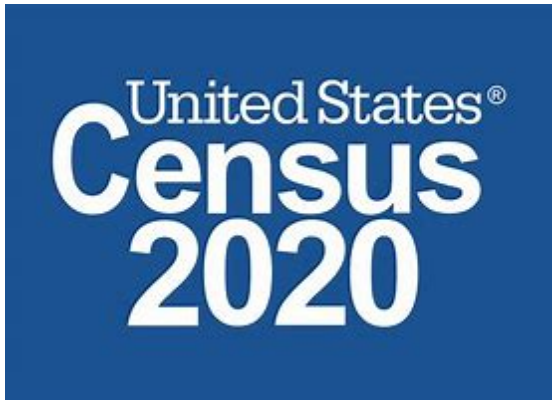
Everyone's been affected by the coronavirus crisis in some way, but few have seen the effects of the disease more deeply than clinicians, first responders and food bank staff.

That's why we're inviting all front line staff - physicians, mental health counselors, police and fire personnel, and others such as food bank staff - to take part in "Coping with COVID: Clinicians, First Responders and the COVID Aftermath" on **Friday, May 15th at 11 AM**. Hear from a panel of front line staff sharing their experiences, along with coping strategies from Dr. Jason Weisman of Sparks Psychological Services in Cincinnati.

For more information and to register, see the [Evenbrite listing](#).



Did you complete the Census? It's quick and easy!



2020 is a U.S. census year, and everyone's receiving reminders in the mail to complete the form or go online.

If you haven't yet done so, set aside a few minutes to add your family's information. Complete the form you received in the mail, or go online at 2020census.gov and enter the information there. If no information is received, census takers will pay you a visit at a later date to gather the necessary information.

Questions? Visit 2020census.gov for more information.

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

