New Year’s Resolutions for Mental Health

While you’re getting organized, quitting smoking, and losing weight (the most popular New Year’s resolutions in the U.S.), you may be overlooking something that would actually make a bigger difference for you and your family than those popular resolutions.

How about some New Year’s resolutions for mental health?

You might find that the dissatisfaction that makes you think you need to get organized (again) can be handled better by working directly on the dissatisfaction instead of starting your year with a resolution you haven’t kept in any of the previous years when you’ve made that resolution. New Year’s resolutions for mental health might even make it easier for you to keep the other resolutions you choose to make.

Here are a few to consider:

I will take action on my mental health.

I will be kind to myself.

I will set healthy boundaries.

I will exercise regularly.

I will resist negative thinking.

To read the full article visit: https://www.pca-nwa.com/new-years-resolutions-for-mental-health/
Healthy People 2020: Legal and Policy
Resources Related to Mental Health and Mental Disorders

The Healthy People 2020 (HP2020) goal for mental health and mental disorders is to “improve mental health through prevention and by ensuring access to appropriate, quality mental health services.” Generally, the term “mental health” refers to “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” This term differs from “mental disorders,” which refers to health conditions “characterized by alterations in thinking, mood, and/or behavior that are associated with distress and/or impaired functioning.” The HP2020 objectives range from improving the status of the nation’s mental health to expanding treatment for mental health services.

The Law and Health Policy Project report for the mental health and mental disorders topic focuses on suicide prevention efforts across the United States. Approximately 30,000 people lose their life to suicide each year, making suicide the 10th-leading cause of death in the United States. Prevention efforts take place at “all levels of society,” starting with the individual and reaching to his or her family, community, and the “broader social environment.” The resources below address general suicide prevention, bullying and suicide prevention among children and adolescents, and suicide prevention in tribal communities.

To read the full article visit:

2020 National Mental Health Observances:

January 2020
Mental Wellness Month

Suggested Theme: Mental Health at Work.

January 13th: National Clean Off Your Desk Day

January 20th – 24th: No Name Calling Week

January 24th: National Fun at Work Day, National Compliment Day

January 29th: Bell Let’s Talk Day

For the full calendar visit:
https://www.stampoutstigma.com
Dear Valued Referral Sources,

Happy New Year! It’s been a pleasure working with you this past year. We appreciate your support and look forward to continued collaboration and support throughout 2020. Best wishes to you and your family this coming year!

Sincerely,

Jennifer Campbell, MSW, LSW
Program Manager, WHS Center for Mental Health and Wellbeing
Washington Health System & Washington Physicians Group
Office#: 724-627-2526
Contact Information:

Inpatient Behavioral Health
P: 724-223-3195
F: 724-229-2128
155 Wilson Ave
Washington, PA 15301

Outpatient Behavioral Health
Washington
P: 724-579-1075
95 Leonard Ave
Building #1, Suite 301
Washington, PA 15301

Outpatient Behavioral Health
Greene
P: 724-627-2756
130 Greene Plaza
Waynesburg, PA 15370

Behavioral Health Management:

Jennifer Campbell, MSW, LSW – Program Manager
Inpatient & Outpatient Services
P: 724-627-2526

Mark Wright, MBA, RN – Inpatient Unit Manager
P: 724-223-3197

Greene County Crisis Line: 1-800-417-9460
Washington County 24-Hour Crisis Hotline: 1-877-225-3567
National Suicide Prevention Lifeline: 1-800-273-8255
Greenbriar Treatment Facility: 1-800-637-4673