



WASHINGTON HEALTH SYSTEM  
Center for Mental Health and Wellbeing

## MONTHLY NEWSLETTER



### 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/>

## January 2020

7 Resolutions  
for Your Mental  
Health:

1. Start a gratitude journal
2. Compliment your body daily
3. Perform a random act of kindness daily
4. Build in 5 minutes of stillness daily
5. Weekly relaxation: Bath, Nap, Walk...
6. Weekly Meditation or Yoga
7. Sunday evening list 3 things you are thankful for



## Healthy People 2020

### **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.”<sup>1</sup> 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.”<sup>2</sup> 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.”<sup>3</sup> 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.<sup>4</sup> Approximately 30,000 people lose their life to suicide each year, making suicide the 10th-leading cause of death in the United States.<sup>5</sup> 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.”<sup>6</sup> 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:

<https://www.cdc.gov/phlp/publications/topic/hp2020/mental.html>

**DID YOU KNOW?**

## **2020 National Mental Health Observances:**

**January 2020**

Mental Wellness Month

*Suggested Theme: Mental Health at Work.*

**January 13<sup>th</sup> :**  
**National Clean Off Your Desk Day**

**January 20<sup>th</sup> – 24<sup>th</sup> :**  
**No Name Calling Week**

**January 24<sup>th</sup> :**  
**National Fun at Work Day, National Compliment Day**

**January 29<sup>th</sup> : 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***

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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