



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER

**National Youth Violence
Prevention Week:
March 18th – 24th**



SAVE (Students Against Violence Everywhere) Promise Clubs are a place for young people across the country to show their leadership, creativity and passion for protecting their friends, schools and communities from violence *BEFORE* it happens.

SAVE Promise Clubs are established and led by students, and are a powerful approach to preventing gun violence (and other forms of violence and victimization) because they recognize the unique role that young people play in making their schools and communities safer.

To learn more about this club and its history visit www.nationalsave.org.

World Bipolar Day

Strength for Today, Hope for Tomorrow

March 30, 2019

**March
2019**



Mental exercise is important! Here are a few St. Patrick's Day trivia questions to tease your brain:

1. What would you pour on top of an Irish coffee?
2. Before lamb was used, what meat did an Irish stew traditionally contain?
3. Kissing the Blarney Stone is believed to confer what?
4. How many leaves does a shamrock have?
5. What gives the Purple Mountains in Kerry their color?

Answers:

1. Cream
2. Goat
3. The gift of the gab
4. Three
5. Heather

It's not an easy conversation': Mental health in the workplace

Mental health concerns are both common and long lasting. About 18 percent of the U.S. adult population (44.7 million, or nearly 1 in 5) has a mental illness in any given year, according to 2016 data from the Substance Abuse and Mental Health Services Administration. "This is not limited to blue-collar jobs or white-collar jobs," Chosewood said. "Depression and anxiety cross every industry and occupation, every socioeconomic status, every race and ethnicity."

Chosewood also said that because of their early onset and persistence, mental health conditions carry long-term consequences. "Unlike other chronic conditions that usually don't start in workers until their 40s, 50s or even 60s, mental health concerns typically present in a worker's 20s or 30s and can last throughout almost the entire working career."

Other thoughts:

- Mental health affects worker productivity and the bottom line.
- Workplace stress contributes to poor physical and mental outcomes.
- Mental health can affect worker safety.

Visit the National Safety Council's Safety + Health magazine at www.safetyandhealthmagazine.com for more information.

Workplace Mental Health

Mental Health America (MHA) recognizes the psychological impact that workplaces can have on their employees. Millions of employees spend a large part of their day, and lifetime, at work, increasing the effect that workplace environments can have on psychological well-being. MHA's research is part of an ongoing commitment to uncovering workplace disparities and addressing the psychological needs of the workforce. The Workplace Health Survey measured the attitudes and perceptions of **over 17,000 employees across 19 industries in the US**. Survey questions were designed to collect data on workplace culture, workplace stress, employee engagement, and employee benefits. Survey findings explored the relationship between workplace health and employee engagement, a concept that has, in recent years, become more measurable and indicative of workplace stress levels and overall mental health. For more information, data, statistics and solutions visit www.mentalhealthamerica.net/workplace-mental-health.



Dear Valued Referral Sources,

We want you to know how much we appreciate your referrals. Our goal is to always provide the best possible service to our patients, families and friends. Thank you for your trust!

Sincerely,

Jennifer Campbell, MSW, LSW

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WHS Center for Mental Health & Wellbeing



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Greene County Crisis Line: (888) 480-7283
Washington County Crisis Line: (877) 225-3567
National Suicide Prevention Lifeline: (800) 273-8255
Greenbriar Treatment Facility: (800) 637-4673