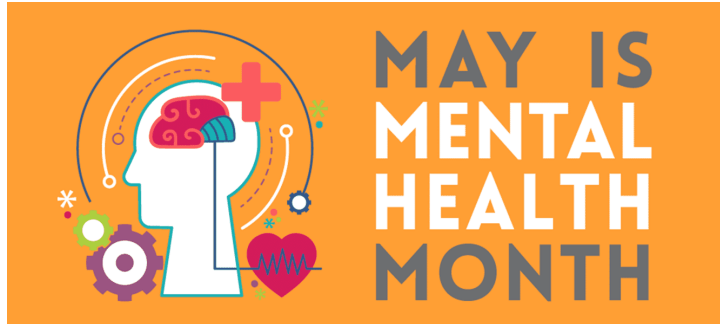




WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



Mental Health Awareness Month

For over 70 years, the month of May has been dedicated to raising mental health awareness. During what is widely celebrated as **Mental Health Month**, organizations like the Center for Disease Control (CDC), Mental Health America, and NAMI take this time to spread knowledge and fight stigmas surrounding mental health and well-being. Other key mental health awareness events include Mental Illness Awareness Week, which takes place between October 1st and 7th for 2023 and World Mental Health Day, which occurs on October 10th.

With the ever-changing world we live in, companies are making it a priority to promote the health and well-being of their employees. With nearly 1 in 5 adults of every age, race and gender facing mental health disorders – that’s 44.7 million working Americans according to the CDC– HR departments are uniquely positioned to encourage healthy mental and physical activities across their organizations.

National groups like the CDC recommend taking breaks from the news, meditating, taking time to relax, and connecting with family in stressful times. If you are looking for similar ideas on how to promote wellness within your organization, here are a few thought starters:

- 1) Wear Green During Mental Health Month
- 2) Be Open About Mental Health
- 3) Do Something Creative
- 4) Keep It Light When You Can
- 5) Stay Physically Active
- 6) Have a Glass of Water – And Another!
- 7) Stick to A Routine
- 8) Find a Retreat Within your Home
- 9) Designate Time For Anxiety

To read the full article, please visit: [9 Mental Health Awareness Month Ideas – Activities for Work | Crestline](#)

May
2022

Month

- Mental Health Month
- National Foster Care Month
- National Maternal Depression Month
- Women’s Health Month
- Borderline Personality Disorder Awareness Month
- Brain Tumor Awareness Month
- Tourette Awareness Month

Week

- Screen Free Week (May 1-7)
- Maternal Mental Health Awareness Week (May 2-8)
- Children’s Mental Health Awareness Week (May 7-13)
- National Mental Health Awareness Week (May 10-16)
- National Women’s Health Week (May 8-14)
- National Prevention Week (May 7-13)

Day

- World Maternal Mental Health Day (May 4)
- National Children’s Mental Health Awareness Day (May 11)

To learn more visit:

<https://sacwellness.com/mental-health-awareness-calendar/>



This Mental Health Month, challenge yourself to examine your world and how it can affect your overall health. Look around, look within – from your neighborhood to genetics, many factors come into play when it comes to your mental health. Our 2023 Mental Health Month toolkit includes information about how an individual’s environment impacts their mental health, suggestions for making changes to improve and maintain mental well-being, and how to seek help for mental health challenges.

To read the full article, please visit: [Mental Health Month | Mental Health America \(mhanational.org\)](https://mhanational.org)

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans’ lives and to celebrate recovery from mental illness. For the past 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized **Mental Health Awareness Month (MHAM)** every May to increase awareness about the vital role mental health plays in our overall health and well-being.

Need Help?

- If you or someone you know is struggling or in crisis, help is available. Call or text [988](https://www.988lifeline.org) or chat [988lifeline.org](https://www.988lifeline.org).
- To learn how to get support for mental health, drug, and alcohol issues, visit [FindSupport.gov](https://www.findsupport.gov).
- To locate treatment facilities or providers, visit [FindTreatment.gov](https://www.findtreatment.gov) or call SAMHSA’s National Helpline at [800-662-HELP \(4357\)](https://www.samhsa.gov).

To read the full article, please visit: [Mental Health Awareness Month | SAMHSA](https://www.samhsa.gov)

HAVE YOU SEEN THIS?



This film deals with heavy themes, such as depression and suicidal thoughts/attempts.

Otto loses his will to live after losing Sonya (wife) to cancer. His depression leads to him attempting to end his life and be reunited with her.

Within this movie, Otto has four suicide attempts. This may be difficult for some to watch, but the film gives a real-life account into someone suffering from depression and suicidal ideation.

Some individuals suffering from mental illness may view this as a trigger. This film is encouraged for those individuals looking to better understand depression and suicidal ideation.

The decision to watch this film must be yours.

Washington County, PA

2023



MAY MENTAL HEALTH AWARENESS MONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
	Show some love to someone in your life.	WHS Mental Health Awareness Day	PA Care Partnership Navigating the Juvenile Justice System with MH Challenge @7:00pm sign up online	Pa Care Partnership Motivational Speaker Gab Bonesso 12 to 1:30 pm	Youth Move Pa Thrive for Hope 4pm https://us06web.zoom.us/j/92949602424	Take time to laugh.	Journal your feelings.
7	8	9	10	11	12	13	
Take A Walk.	Do something you enjoy.	CSP Meeting 10:30 am via zoom Contact Dave Jenco at 724-239-3993 ext. 201	Youth Move PA 12:00pm zoom (signup online) Stand Against Stigma Virtual Workshop	PA Care Partnership Overcoming Social Stigma @12:00pm MHS of WC 56 th Annual Dinner by invitation	"You don't have to see the whole staircase, just take the first step."	BHDS MH Awareness Day Washington Crown Center 10am-4pm	BHDS MH Awareness Day Washington Crown Center 10am-6pm
14	15	16	17	18	19	20	
Notice the positives in life.	Take care of your physical health.	Get a good night's sleep.	"Your present circumstances don't determine where you go; they merely determine where you start."	Youth Move Pa Life Through My Lens Workshop Zoom (signup online) 3:30-5:30pm	Take a break from <u>Social Media</u> and the News.	WCBHDS MH & Suicide Awareness Color Run @ WP Stone Pavilion 11-2	
21	22	23	24	25	26	27	
Focus on finding the positive.	Practice Forgiveness.	MHA MH Awareness Night Washington Wild Things Stadium 7:00pm	PA Families 2023 MH Awareness Walk Twin Lake Park Activity Center & Pavilion #7 set up at 10 am walk starts at 11 am.	NAMI Keystone PA/Washington Meeting 6pm 95 W. Beau St. Suite 300 Wash, PA	PA Care Partnership Speaker Kevin Puskari and Jamal Ford on Substance Abuse 12-1:30pm Nami Support Group 2:30-4:30pm- Ct. House Sq.	Recharge yourself...Do something you enjoy.	
28	29	30	31				
Be your best self.	Don't be afraid to ask for help. We all need help sometime.	Listen to a Mental Health Podcast or Read.	"By taking care of myself I have so much more to offer the world than I do when I am running on empty."		***The Washington County Commissioners' Mental Health Awareness Proclamation will be on 5/18/23 at 2pm.		

SAVE THE DATES: Out of the Darkness Walk 9/30/23 at 9 am, Wild Things Park, Washington PA
Stamp the Stigma 5K 7/1/23 at 9 am, Peters Township, South Park Fairgrounds



Dear Valued Referral Sources,

Your support for individuals with mental health needs does not go unnoticed. Thank you for showing love, support, and compassion to those around you suffering from mental illness. **YOU MATTER!**

Sincerely,

Jennifer Campbell, MSW, LSW

Clinical Manager, WHS Center for Mental Health and Wellbeing - Outpatient

Washington Physicians Group

Office#: 724-627-2526

WHS Center for Mental Health & Wellbeing



Contact Information:

Inpatient Behavioral Health	P: 724-223-3195 F: 724-229-2128	155 Wilson Ave Washington, PA 15301
Outpatient Behavioral Health	Greene P: 724-627-2756	220 Greene Plaza Rear Waynesburg, PA 15370
Outpatient Behavioral Health	Peters Township P: 724-579-1075	4198 Washington Road, Suite 5 McMurray, PA 15317
Outpatient Behavioral Health	Washington P: 724-579-1075	95 Leonard Ave Building #1, Suite 301 Washington, PA 15301

Behavioral Health Management:

Jennifer Campbell, MSW, LSW – Clinical Manager 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
STTARS Sexual Assault Hotline (Greene & Washington): 1-888-480-7283