



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



Ever since 1949, **Mental Health Awareness Month** has been observed in May by reaching millions of people in the United States through the media, local events, and screenings. **Mental Health Awareness Month** also comes to the United States via the **Mental Health America** organization.

National Prevention Week
May 2nd-18th
National Children's Mental Health
Awareness Day
May 9th

May
2019



Mental Health Awareness Calendar for May

Mental Health Month

National Foster Care
Month

National Maternal
Depression Month

Women's Health Month

Borderline Personality
Disorder Awareness
Month

Resource:

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



What can you do for Mental Health Awareness Month?

Here are some things you can do to increase awareness of mental illness:

- ✓ Educate yourself about stress, depression, and addiction – common forms of mental illness.
- ✓ Take the NAMI pledge to be "stigma free" by avoiding labels and using respectful language...
- ✓ Raise the topic of mental health issues with your physician if it's not included in your annual...
- ✓ Speak up against the Stigma.
- ✓ Provide Support
- ✓ Advocate for policies that support people with mental illness and their families.
- ✓ Support your local MH organizations.
- ✓ Talk about your experiences with others.
- ✓ Promote a healthy mind as well as body.
- ✓ Go Lime Green for the month!

When You Feel Empty: What It Means & What to Do

If you're feeling empty, you're not alone. Many of us feel empty in different ways. For instance, you might feel empty because something is missing in your life, said Kaitlyn Slight, a marriage and family therapist in Raleigh, N.C. This might be emptiness from a loved one moving or passing away, she said.

Or the emptiness might stem from "slowly abandon[ing] ourselves, not listening to our own hopes and desires." You might abandon yourself unintentionally or unknowingly because you're striving for perfection or others' approval, she said. You might stop caring for yourself while focusing on your career. For instance, you might stop moving your body or getting enough sleep. Abandoning ourselves can spark anxiety, depression, guilt and shame, she said.

Slight's clients also mention feeling numb or alone. They mention that work is unsatisfying, they feel unsuccessful, their relationships are unfulfilling or nothing is exciting.

Many of Ashley Eder's clients who struggle with depression report feeling empty (instead of sad). "This kind of empty feeling comes with not caring about much, not being interested in things, not feeling fueled by anything in particular."

If you're feeling empty, seeing a therapist can help. In particular, it's important to get screened for depression. How you handle your emptiness depends on what's causing it. Here are several suggestions from Eder and Slight.

If you're feeling empty, seeing a therapist can help. In particular, it's important to get screened for depression. How you handle your emptiness depends on what's causing it. For suggestions on addressing these feelings visit <https://psychcentral.com>.



Dear Valued Referral Sources,

Thank you for your support during the month of May. Your desire to work in health care demonstrates your caring and self-giving attitude. You are greatly appreciated not only today but every day you make an effort to support patients and their mental health needs.

Sincerely,

Jennifer Campbell, MSW, LSW

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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