



eNews for December 2018

Crisis Hotline: 877 695-NEED (6333) | Crisis Text Line: text '4hope' to 741741

MHRS executive director to retire in 2019



MHRS Executive Director Brent Lawyer has announced his plans to retire in 2019.

Brent joined MHRS in 2000 as associate director and moved into the executive director role two years later. During Brent's tenure, he has led the expansion of behavioral health providers offering services in Warren and Clinton Counties. His efforts have resulted in increases in the number of people served while maintaining a financially sound system.

The MHRS Board of Directors has formed a team to search for Lawyer's successor.

[Read the news release](#)

MHRS launches podcast on Messy.fm

We're jumping into some new territory at MHRS - podcasting!

"The MHRS Podcast" will focus on a variety of topics about behavioral health and local services and programs, plus offer some personal insights into living with and recovering from mental health and addiction issues. There are lots of potential topics to choose from, and you can have a say in what we cover, too. Just email us with your questions about behavioral health and we'll work to answer them in future episodes.

For now, check out our first episode, "The Peer Experience" with peer support staff member Candace Moore.



[Check out our podcast](#)

Help & Hope for the Holidays: 5 tips to a stress-free holiday

Contributed by Rich Richmond, Beech Acres

Your family, like so many others, may feel additional stress during the holiday season. The days are colder, darker, and shorter. There are added holiday related responsibilities on top of your already busy routine. You may be spending more time with friends and extended family members than with your own family. And you may be even busier at work as the year winds down. All of these things may have a negative effect on you and your children.



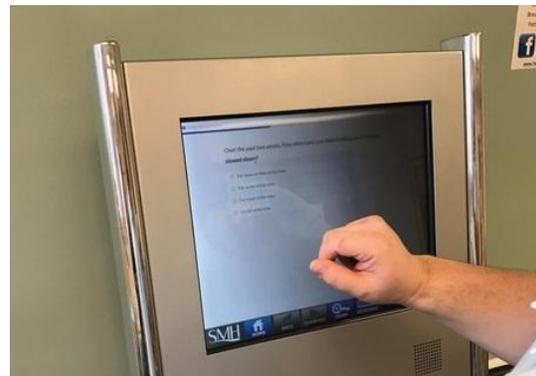
[Read the blog post](#)

Self-assessments offer personalized insights, immediate feedback

Unsure about taking a mental health or substance use self-assessment? Here are a few reasons to consider it:

- The self-assessment screening tools provide an anonymous evaluation
- The self-assessment can be completed at home or at a kiosk
- You get immediate feedback and contact information to schedule an appointment or learn more about resources

Screenings are available for depression, anxiety, substance use disorder, eating disorder, and more. Check one or more out on our website, or visit a kiosk located across Warren and Clinton Counties.



[Take a screening now!](#)

The Crisis Text Line: Always here for you

Crises aren't "9 to 5" happenings. They sometimes come on when it's not easy to pick up a phone and call someone.

But you can text for help at any time! Chat with a trained person by texting "4hope" to 741741. That person will help you de-escalate and can offer information about local resources where you can find in-person help if needed.

The Crisis Text Line is always there for you, 24/7. Just send a message!

[CRISIS TEXT LINE |](#)

[Text 4hope to 741741](#)

[Upcoming Events](#)



Lindner Center Community Education

The Lindner Center of HOPE will host the next in its education series, "Integrative Mental Health" on December 19.

The class takes place at Manor House, 7440 Mason-Montgomery Rd. in Mason. If you are interested in attending, call (513) 536-0318 to register.

Mental Health Recovery Services of Warren & Clinton Counties | (513) 695-1695 | mhrsonline.org

STAY CONNECTED

