



## eNews for February 2019

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

### Remembering Clearcreek Township Police Officer Jerrid Lee



The staff of MHRS sends our deepest sympathies to family and fellow officers of Clearcreek Township police officer Jerrid Lee. Officer Lee was killed in a car accident in Clermont County on Monday, January 28.

Officer Lee graduated from the MHRS Crisis Intervention Training program in May 2018. He served in the US Air Force with tours in Saudi Arabia and Kuwait, according to a [department news release](#).

### NAMI Southwest Ohio program helps businesses reduce mental health stigma



It may not be new to business owners that mental health issues affect people who work for them.

But they may not know who among their staff is affected by someone else's health issue - someone in their family, or a friend or neighbor, perhaps. One reason why: stigma against mental health issues.

NAMI Southwest Ohio is working to address that stigma with it's "Good for Business" program. [Read more](#) about it and visit the NAMI Southwest Ohio [website](#) for more information.

### Do you know the U.S. Substance Abuse Helpline number? Not many do, says new study

A new [study](#) has found that few Americans know that the U.S. government has a substance abuse helpline. More people are aware of suicide helplines because they are publicized more, according to

the report from Psych Congress Network.

According to the story, the SAMHSA helpline - **800-662-HELP** (4357) - is the only federally managed and endorsed addiction treatment referral service. It provides 24-hour free and confidential treatment referral and information in English and Spanish.

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## Treatment finder resource serves hearing impaired

People seeking behavioral health treatment who are hearing impaired have a new resource for help. Alltreatment.com has unveiled a free, searchable [directory](#) that lists providers of addiction services that are also ready to serve the deaf and hard-of-hearing community.

To learn more, visit [alltreatment.com](http://alltreatment.com). Additional information about help and resources for the hearing impaired is available from [Deaf off Drugs and Alcohol \(DODA\)](#), a program of Wright State university's Boonshoft School of Medicine.



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## Mental wellness tip: eat dark chocolate

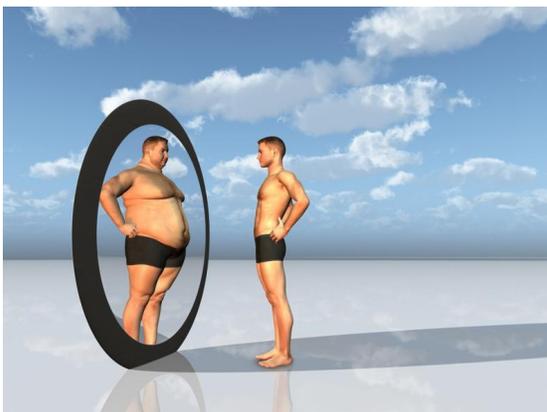
If you want to care for your mental health, one way to do it is to treat yourself to a couple of pieces of dark chocolate every few days. That's according to Mental Health America's ["31 Tips to Boost Your Mental Health"](#).

How does dark chocolate help, you ask? According to the story, the flavanoids, caffeine and theobromine in dark chocolate combine to sharpen mental skills and alertness.

Check out [more tips](#) and get more mental health information at [mentalhealthamerica.net](http://mentalhealthamerica.net).

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## National Eating Disorders Awareness Week starts February 25th



Eating disorders affect more than 20 million women and 10 million men across the United States - people of all ages, races, ethnicities, and socioeconomic groups. They are serious but treatable mental and physical illnesses.

During National Eating Disorders Awareness Week, take some time to understand more about the different types of eating disorders, how they are diagnosed, and how they can be treated.

More information available at [nationaleatingdisorders.org](http://nationaleatingdisorders.org). You can also take an eating disorders assessment on our website at [mhrsonline.org](http://mhrsonline.org).

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## VCF launches teen dating violence awareness toolkit

A new social media campaign aimed at preventing teen dating violence is being launched this month. [The Violence Free Coalition of Warren County](#) recently unveiled the toolkit of media graphics to coincide with Teen Dating Violence Awareness Month in February. Elements of the kit will engage youth throughout the month through Facebook and other social media, as well as infographics about healthy relationships, and reminder graphics promoting healthy relationships. Look for graphics with the hashtag **#OHDateSafe**.

## MHRS website lists local behavioral health trainings

Looking to take a Mental Health First Aid class to help youth or adults? How about learning more about the Question-Persuade-Refer (QPR) class to help someone considering suicide?

You can find out about these classes or how to request a QPR class on our website. Visit [mhrsonline.org/meetings-and-events](http://mhrsonline.org/meetings-and-events) and look over the Community Training section. More opportunities will be added in coming months, so be sure to check back often!



## Addiction Policy Forum launches anti-stigma campaign



In 2016, the Addiction Policy Forum launched its first campaign aimed at ending the stigma of substance use disorder. At the time, data showed that there were 129 drug overdose deaths per day.

Since then, that rate has increased to 192.

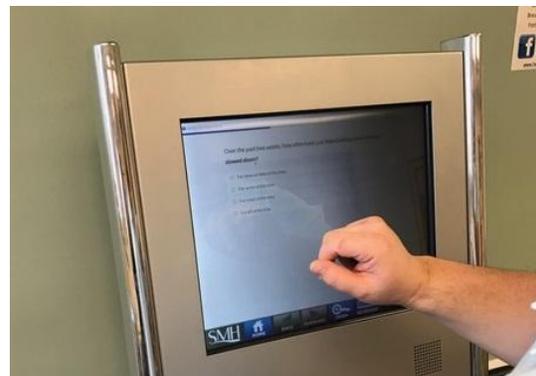
The [#192aDay Campaign](#) is aimed at ending the epidemic of overdose deaths and helping people find treatment. Check the MHRS website and social media for more information throughout the year as we join APF in this effort

## Take a self-assessment at home!

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**

Mental Health Recovery Services of Warren & Clinton Counties | (513) 695-1695 | [mhrsonline.org](http://mhrsonline.org)

**STAY CONNECTED**

