



eNews for January 2019

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

Wishing you a joyous holiday season!



As the song says, it's the most wonderful time of the year. The staff at MHRS wishes you all the best as you gather with family and friends over the holiday season and welcome the New year, too.

We also encourage you to check on neighbors and loved ones who may be spending the holidays alone. If someone does need help to get through a difficult time, help is as close as the phone. Call the Crisis Hotline at (877) 695-6333, or text "4hope" to 741741.

We are here to help each other, every day. Blessings to you and yours this season and always!

Workplace behavioral health survey

For many of us, about one-third of our lives will be spent in a workplace. And for some of us, depression and anxiety – along with a host of other behavioral health issues – can affect how we work. What's more, we don't always feel like we can talk about these issues with our boss or coworkers for a variety of reasons.

To learn how Mental Health Recovery Services of Warren & Clinton Counties can help educate workplace staff and reduce the stigma around behavioral health issues, we are conducting a short survey. It should only take 1-2 minutes to complete and no personal data will be collected. We simply want to get a sense of how this issue affects you and your workplace, and what kinds of information from us may of help to you.

To complete the survey, just go to <https://www.surveymonkey.com/r/J2T2TRZ> or use the QR Code at the right, and answer eight questions. We'll then use the information to build messages and materials to share.



MHRS to mark 50 years in 2019

The coming year will bring some changes for many of us, that's a given. But it will also bring lots of opportunity for celebrating, too.

MHRS will take time to mark 50 years of service to residents of our service area. We've seen a lot of change over those years, from treatment approaches to new community services for people in recovery to the advent of a peer support program. That's a lot!

Look for special social media posts and more - including an anniversary logo - in the coming months.



A peer supporter's perspective: Interview with Sarah Neff



Sarah Neff has had her share of addictions in her life. But out of her lived experience has grown a new purpose - to share that background with others in recovery as a peer supporter. We sat down recently to talk about Sarah's love for what she's doing now, and what she gets out of it - and what she is learning from her clients. Check out our video interview above.

Start the new year learning to help others. Take a class in Mental Health First Aid



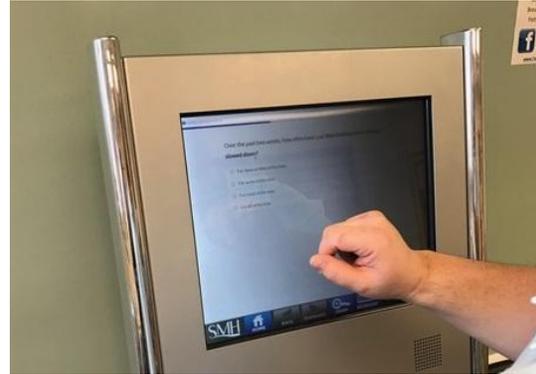
You never know when you'll make a difference in someone's life. It doesn't matter who you are or what walk of life you may be from . When you learn mental health first aid, you can be the difference for someone with a mental health or substance use disorder when you know what to do and what to say.

[Find a local Mental Health First Aid class](#) near you and be the difference!

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

Behavioral Health in the news

- [Cincinnati City Council raises tobacco purchase age to 21](#)
- [Study: Mental health care is not going to those who need it](#)
- [How to be more resilient](#)

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

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