



PANORAMA

Geauga County Board of Mental Health and Recovery Services

24/7 Geauga County Crisis Hotline
Call COPELINE at 1-440-285-5665 or 1-888-285-5665

CRISIS TEXT LINE

Text 4hope to 741741 for Free, Confidential, 24/7 Support

GCBMHS Welcomes New Board Member



Mr. Tom Niewulis was sworn in as the newest member of the Geauga County Board of Mental Health and Recovery Services at its April meeting. Mr. Niewulis was appointed to the Board by the Geauga County Commissioners on March 27, 2018. Tom will serve as a volunteer Board member through June 30, 2022.

Tom says his interest in serving on the Board is two-fold:

- To use his experience as a senior counselor providing mental health and substance abuse services while serving in the military.
- To use his background in the corporate/business environment to assist the Board in developing, promoting and monitoring services, facilities and programs.

Tom's experience, background and degree in Behavioral Science will help him serve as an advocate for the mental health and recovery needs of Geauga County residents. Welcome to the Board Tom!

Geauga County Crisis Response Team

When there is a crisis in your community, help is only a phone call away. The Geauga County Board of Mental Health and Recovery Services is committed to providing the mental health services necessary to grow and heal. A team of trained crisis response workers is on-call and will respond quickly in a sensitive manner.

The Crisis Response Team includes staff from Ravenwood Health, Catholic Charities, Family Pride of Northeast Ohio, Geauga County Board of Mental Health and Recovery Services, Geauga County Loss Team, Geauga County Educational Service Center and Lake-Geauga Recovery Centers.

The Crisis Response Team is here for your school, your business and your community. The Team will gather information and quickly put together a strategy. They can offer on-site counseling and support, connect individuals with ongoing mental health services, train and educate your staff and employees, and provide help through difficult situations.

Contact the Crisis Response Team when an incident occurs - they are here to help! You can reach the Team Coordinators at any time: Brittain Paul, LISW-S, CTS at 330-414-1523 or Brian Ayer, LPCC-S, CTP at 440-213-0026. You can also call COPELINE (a 24/7 crisis hotline) at 285-5665 and ask for the Crisis Response Team.





May Is Mental Health Month

So much of what we do physically impacts us mentally. That is why this year's theme for May is Mental Health Month - Fitness #4Mind4Body - is a call to pay attention to both your physical health and your mental health, which can help achieve overall wellness and set you on a path to recovery.

When you or someone you love is dealing with a mental health concern, sometimes it's a lot to handle. It's important to remember that mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

This year, May is Mental Health Month focuses on how a healthy lifestyle can help prevent the onset or worsening of mental health conditions, heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions. Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy.

"It is important to really look at your overall health, both physically and mentally, to achieve wellness," said Jim Adams, CEO of the Geauga County Board of Mental Health and Recovery Services. "Getting the appropriate amount of exercise, eating healthy foods that can impact your digestive health, getting enough sleep and reducing stress - it's all about finding the right balance to benefit both the mind and body."

Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. If you are taking steps to live a healthy lifestyle, but still feel like you are struggling with your mental health, visit www.mhascreening.org to check your symptoms. It's free, confidential, and anonymous. Once you have your results, go to the Board's website at www.geauga.org to see what local resources and programs are available.

For more information on May is Mental Health Month, visit Mental Health America's website at www.mentalhealthamerica.net/may.

Ohio's *Bold Beginning!* Website - A New Portal for Early Childhood Resources

Now you have an easy way to access all things related to early childhood in Ohio's state agencies. Anyone with young children in their life - whether you are a parent, grandparent, caretaker, teacher, or child care provider - can use this site to learn about the state's early childhood programs and resources, including Early Intervention, Help Me Grow, child care, and preschool.

You will also find helpful information about developmental milestones, screenings, emotional wellness tips, financial assistance programs, and so much more! Visit the BOLD Beginning! website at <http://boldbeginning.ohio.gov> to learn more.



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