



# 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

## Geauga County Commissioners Appoint New Board Members

There were several new faces around the table at the September meeting of the Geauga County Board of Mental Health and Recovery Services. The Geauga County Commissioners appointed James Lee Holden and Michael Petruziello to serve as volunteer Board members until June 30, 2022. The Commissioners also appointed Mary Ruth Shumway to serve until June 30, 2019. Welcome to the Board Jimmy Lee, Mike and Mary Ruth! Thanks for choosing to serve as advocates for the mental health and recovery needs of Geauga County residents.



## Free Mental Health Screenings October 11, 2018

As a service to the Geauga community, Ravenwood Health will be conducting screenings free of charge on October 11th from 9:00 AM to 7:00 PM at 12557 Ravenwood Drive, Chardon. Walk-ins are welcome or you can schedule a specific time by calling 440-285-3568. Screenings can be done for depression, anxiety, bipolar disorder or post-traumatic stress disorder.

Depression Screening Day is held each year during Mental Illness Awareness Week, which is October 7th - 13th this year. This week highlights the importance of fighting stigma, providing support, educating the public and advocating for equal care.

According to the National Alliance on Mental Illness, 1 in 5 adults experience mental illness problems every year and 50% of chronic mental illness begins by age 14. Early identification and treatment can make a difference. Some of the symptoms of depression include:

- Sleeping too little or too much
- Loss of interest in activities
- Reduced or increased appetite
- Fatigue and/or loss of energy
- Restlessness and irritability

The more people know about mental illness, the better they can help themselves, their families and their communities.

If you or a loved one are not able to take advantage of this opportunity on October 11th, the Geauga County Board of Mental Health and Recovery Services provides a 24-hour hotline called COPELINE (440-285-5665) that is available to Geauga County residents who need help with a mental health or substance abuse issue. If you would like more information about National Screening Day go to:

<https://mentalhealthscreening.org/programs/ndsd>

**NAMI Geauga County - Mental Health First Aid**

**Date:** October 6, 2018 - Don't Miss It!

**Location:** NAMI Geauga, 107 South Street, Chardon, OH 44024

**For more information contact:** NAMI Geauga County at 440-286-6264 or admin@namigeauga.org



**Geauga County Housing Coalition - Chili Cook-off**

**Date:** November 9, 2018

**Time:** 6:30 - 8:30 p.m.

**Location:** Metzenbaum Center, 8200 Cedar Road, Chesterland, OH 44026

**For more information email:** tslater@geauga.org

**GCBMHRS Retirement Party Honoring "Beth Matthews"**

**Date:** Tuesday, November 13, 2018

**Time:** 12:30 - 2:30 p.m.

**Location:** 13244 Ravenna Road, Chardon, OH 44024



## October is Domestic Violence Awareness Month

Did you know that every minute 20 people experience intimate partner violence? That equates to more than 10 million abuse victims annually. Join us this month in taking a stand against domestic violence! Here are some ways you can get involved:

- Wear purple on October 25th for National Wear Purple Day for Domestic Violence. Encourage your families and co-workers to do the same!
- Call 440-286-7154 to schedule an Outreach Specialist to talk about domestic violence and how to refer people to WomenSafe's services. They offer presentations throughout the year.
- Display a purple light or a purple ribbon during the month of October in your home or business.
- Attend WomenSafe's first-annual, domestic violence awareness event "End the Silence, Stop the Violence" on October 25th from 4:30 to 7:00 pm at Century Village in Burton Ohio. For more information call 440-286-7154.

Geauga County Board of Mental Health and Recovery Services  
Phone 440-285-2282 | [Email mhrs@geauga.org](mailto:mhrs@geauga.org) | [www.geauga.org](http://www.geauga.org)