



PANORAMA

Geauga County Board of Mental Health and Recovery Services

24/7 Geauga County Crisis Hotline

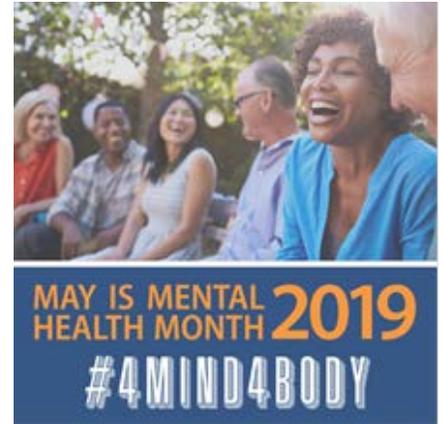
Call COPELINE at 1-440-285-5665 or 1-888-285-5665

CRISIS TEXT LINE

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

May Is Mental Health Month

Few people go through life without any health challenges. Cancer, heart disease, chronic pain, diabetes, mental illness, and more, touch every family at some point. Physical and mental health conditions often occur at the same time. Mental health is essential to everyone's overall health and well-being, and mental illnesses are treatable. We in Geauga County are fortunate to have access to excellent physical health and behavioral health care professionals and services. How do we improve our mental health and general wellness? How about these suggestions:



- A healthy lifestyle can help prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes and obesity. It can also help people recover from these conditions.
- For those dealing with a chronic health condition, it can be especially important to focus on mental health. Focusing on both physical and mental health concerns can be daunting, but is very important in achieving overall wellness.
- Humor, spirituality, recreation, animal companionship and work-life balance are important for everyone, but may be of special importance to people living with chronic health conditions.
- Finding a reason to laugh, going for a walk, meditating, playing with a pet, can go a long way in making you both physically and mentally healthy.
- The company of animals - whether as pets or service animals - can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives.
- Sometimes life is far from funny, but finding humor in a situation can lift your mood and help you to better deal with and overcome difficult experiences.
- It can be important to connect with our spiritual side in order to find that mind/body connection - whether you go to church, meditate daily, or simply practice mindfulness - being present in the moment, like finding time to enjoy a cup of tea in the quiet of the morning.
- Living a healthy lifestyle may not be easy, but can be achieved by gradually making small changes and building on those successes.
- Finding the balance between work and play, the ups and downs of life, and physical and mental health, can help you on your path to mind and body wellness.

If you are concerned about your own mental health or that of a friend, family member or child, or if mental illness has caused problems in your relationships, at work, at home, financially, physically, it may be time to get help. The Geauga County Board of Mental Health and Recovery Services provides a 24-hour hotline called COPELINE (440-285-5665 or 1-888-285-5665) that is available to Geauga County residents who need help with a mental health related issue, or you can contact the following agencies: Catholic Charities (440-285-3537), Family Pride (440-286-1553), NAMI Geauga (440-286-6264), or Ravenwood Health (440-285-3568).



Governor DeWine, Members Of Administration Warn Vaping Is Unsafe, Call To Increase Ohio's Tobacco-Purchasing Age

At a recent press conference, Governor DeWine and members of his Administration issued a warning to parents that vaping is not a safer alternative to smoking for their teens. The Administration has also called to increase the age to purchase tobacco and vaping products in Ohio to 21.

"E-cigarette marketers are convincing some people that their product is a safer alternative than smoking, and that's simply not the case," said Governor DeWine. "With sleek, fun packaging and flavors like 'candy crush' and 'watermelon wave,' these products are clearly being marketed to kids. We should work to ensure kids don't start using e-cigarettes in the first place. It is our duty to warn parents of the risks of e-cigarettes and help families realize the long-term consequences of vaping may be no safer than smoking." The full announcement is available at <https://governor.ohio.gov/wps/portal/gov/governor/media/news-and-media/04-17-19-a>.

Ohio's 2019 Opiate and Other Drug Conference: Promoting Solutions For Addiction Throughout Ohio

Join the Ohio Association of County Behavioral Health Authorities, in partnership with the Ohio Department of Mental Health and Addiction Services and the Ohio Department of Rehabilitation and Correction for their tenth annual opiate conference *Ohio's 2019 Opiate and Other Drug Conference: Promoting Solutions for Addiction Throughout Ohio!* This year's conference will take place June 10-11 at the Hyatt Regency in downtown Columbus. *Ohio's 2019 Opiate and Other Drug Conference* will bring 1,200 attendees from Ohio and the surrounding region for two full days of education related to addiction.



As the largest opiate-related conference in the region, you won't want to miss this event. Registration for *Ohio's 2019 Opiate and Other Drug Conference* is now open!

To register go to: https://www.oacbha.org/ohios_2019_opiate_conference.php



Save The Date!

WomenSafe - Spring Luncheon With Romona Robinson

Date: May 15, 2019 at 11:30 a.m.

Location: St. Mary's Church

For more information email: Megan Fisher at events@womensafe.org or 440-286-7154 ext. 248.

Torchlight Youth Mentoring Alliance - 38th Annual Charity Golf Classic

Date: June 17, 2019 at 10:00 a.m.

Location: Little Mountain Country Club

For more information email: sjones@torchlightyouthmentoring.org

WomenSafe - Annual Golf Tournament

Date: June 24, 2019

Location: Beechmont Country Club

For more information email: Megan Fisher at events@womensafe.org or 440-286-7154 ext. 248.

Lake-Geauga Recovery Centers - Golf Outing

Date: July 1, 2019

Location: Quail Hollow Country Club

For more information email: Wendy Dixon at wdixon@lgrc.us or 440-205-2661