



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



Board Provides Crisis Text Line Banners to Local Schools

In an effort to reach out with new ways to help individuals, particularly our teens and young adults, the Geauga County Board of Mental Health and Recovery Services is working to make the community aware of a new resource available to everyone, the Crisis Text Line. As texting and instant messaging continue to grow, Geauga County residents now have access to the 24 hour a day text line with instant access to a counselor anywhere, anytime. The national Crisis Text Line provides individuals with a state specific keyword to access, that is free and confidential via text on mobile devices.

Anyone may need help in coping with a stressful situation. The Crisis Text Line is designed to help a person get through an intense or emotional period of time. It does not take the place of counseling and therapy. But it is a human response during a time of need. You can reach out by texting the keyword "4hope" to 741741. Your message is confidential, anonymous and secure. Within five minutes, you will be contacted by a crisis counselor, who is trained to listen and respond in a method that is private, secure and confidential.

In an effort to promote this resource, the Geauga County Board of Mental Health and Recovery Services has provided large stand up banners to community schools and local organizations. Banners have been placed at the Sheriff's Office and at several local schools including - Notre Dame Elementary School, Kenston High School, West Geauga High School, Berkshire Jr/Sr High School, Cardinal High School and Chardon High School. Look for our Banners when you are out in the community!

Ohio Raises Legal Smoking Age to 21

Ohioans must wait until age 21 to legally buy cigarettes, cigars, vape pens and other tobacco products under a provision in the state budget bill signed by Governor Mike DeWine. The new law also applies to rolling papers, filters, blunt wrappers, liquids and other accessories involved with smoking or vaping.



The DeWine administration has called the tobacco age increase a public health proposal. They are particularly concerned about e-cigarettes, saying that there has been a precipitous rise in teen use in the past year. With the change, Ohio becomes the latest state to adopt Tobacco 21 language. To read more [click here](#).



Strategies for Improving Your Mental Health

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. [Click here](#) for six simple steps to help improve your emotional wellness.

SAVE THE DATE:

WomenSafe - Nancy's Nest Craft Group

Join others in making cards that will be sold at various events - funds raised will help

WomenSafe provide free services to survivors of domestic violence

When: Monday, August 12th from 3-5 pm

Where: 12041 Ravenna Road, Chardon

Reserve your spot at <https://womensafe.org/news-events/event/2019/08/12/nancy-s-nest-craft-club/249788>



NAMI Geauga - Guest Speaker - Seneca Block, MA, MT-BC

Music therapy and its role in mental health

When: Tuesday, August 13th at 7:00 pm

Where: 8389 Mayfield Road, Suite A-2, Chesterland

For more info call 286-6264

NAMI Geauga - Wine to Walking Charity Event

to support "Miles for Mental Health and Wellness Walk"

When: Saturday, August 17th from 6-9 pm

Where: Colonial Beverage in Chesterland

For info, tickets and reservations call 286-6264

Lake-Gauga Recovery Centers - 3rd Annual Ride for Recovery

Proceeds help support programs and services for adults whose lives have been affected by the use of alcohol or other drugs, problem gambling or mental illness

When: Sunday, August 18th - registration begins at 7:00 am

Where: 8576 East Washington, Chagrin Falls

Three routes through Geauga County - 62 miles, 30 miles, 15 miles

Register at http://www.lgrc.us/?event=3rd-annual-ride-for-recovery&event_date=2019-08-18

WomenSafe - Volunteer Orientation

Learn about volunteer opportunities, how to get involved, and the services provided by the agency

When: Wednesday, August 21st from 10-12 pm

Where: 12041 Ravenna Road, Chardon

Reserve your spot at <https://womensafe.org/news-events/event/2019/08/21/volunteer-orientation/256284>

Geauga County Board of Mental Health and Recovery Services
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