

# 2024 May is Mental Health Month

**April 24 6:00 p.m.** Healing Hearts Counseling Center will host a Family Forum for individuals who are being released from prison and for family members, loved ones, and community who are committed to assisting them. The event is being held at 680 Park Avenue West, Mansfield and is cosponsored by the Department of Rehabilitation and Corrections. For more information call 740-506-4888.

**April 24 10:30 a.m. to 2:00 p.m.** UMADAOP is partnering with the NAACP to host tables at the Minority Health Fair which is being held at the UMADAOP Community Center on 215 Trimble Road in Mansfield.

**April 30<sup>th</sup> at 9:30 a.m.** The Richland County Commissioners will offer a proclamation to help Richland County Mental Health and Recovery Services Board celebrate Mental Health Month. The event will be held in the Commissioner's Board Room at the Richland County Courthouse.

**April 30<sup>th</sup> 10:00 a.m. to 2:00 p.m.** National Prescription Drug Take Back Day is being held in collaboration with Mansfield Police Department, Richland County Solid Waste and CACY (Community Action for Capable Youth). You may drop off prescription medication of any kind, over-the-counter medications, medication samples, pet medications, vitamins inhalers, medicated ointments and lotion, and liquid medications in leak-proof containers. You cannot drop off needles, syringes, lancets, thermometers, aerosol cans, IV bags, hydrogen peroxide, bloody or infectious waste, empty containers, or personal products (non-medicated shampoos, etc.). The drop off locations are Richland County Regional Solid Waste Management Authority, Bellville Police Department, Lexington Police Department, Plymouth Police Department, Shelby Police Department and Richland County Sheriff's office.

**May 1st thru May 31st-** CACY will be distributing FREE Detera medication deactivation pouches to properly dispose of unwanted or expired prescription and over-the-counter medication. Detera pouches are made from environmentally friendly materials which allows the pouch to biodegrade without hurting the environment. For packets contact Brandy at the CACY office at 419-774-5683.

**May 1<sup>st</sup> thru May 31<sup>st</sup>** Catalyst Life Services will have Helpline available 24 hours a day, 7 days a week. If you or someone you know is dealing with a mental health or addiction crisis, please call 419-522-HELP (4357).

**May 1<sup>st</sup> thru May 31<sup>st</sup>** The Behavioral Health Urgent Care at Catalyst Life Services offers access to services without an appointment. You can receive an initial assessment or brief and solution-focused counseling for Mental Health and Addiction. Located at 741 Scholl Road in Mansfield, the urgent care is open Monday and Friday 8:00 a.m. to 4:00 p.m. and Tuesday, Wednesday, Thursday 7:30 a.m. to 7:30 p.m.

**May 1<sup>st</sup> thru May 31<sup>st</sup>** The Warmline will be available 24 hours a day, 7 days a week for questions or concerns regarding mental health. For more information call 419-522-5300.

**May 1<sup>st</sup> thru May 31<sup>st</sup>** The Richland County Mental Health Board will be supporting the Crisis Text Line Text4Hope and encourages individuals who may not want to interact on a personal level with someone to reach out for help via text. This line is available 24 hours a day, 7 days a week. You can access this FREE service by texting 741-741.

**May 1<sup>st</sup> from 10:00 a.m. to 2:00 p.m.** Join UMADAOP and 3<sup>rd</sup> Street Clinic as they collaborate to provide Medical Screenings. The brand new Mobile Medical Unit will be at 74 Wood Street providing free screenings.

**May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> 10:00 a.m. 11:00 a.m.** OhioHealth Ontario Health and Fitness is offering free Yoga for veterans, their family members, and anyone else who may benefit from the class. The classes will be held at 1750 West Fourth Street in Mansfield. During the one-hour class participants will focus on mindful breathing, gentle movement and posture, deep breathing, and gratitude meditation.

**May 4<sup>th</sup> 11:30am to 2:30 p.m.** Richland County NAMI (National Alliance on Mental Illness), in collaboration with Richland County Youth and Family Council, will host a Resource Fair at Richland Carrousel Park 74 N Main Street in Mansfield. This is a free event offering fun and education for the whole family. There will be information available including social-emotional learning, health resources. There will be carrousel rides, a Mother's Day craft, giveaways, animal balloons, food and much more. For more information visit namirc.org or call 419-522-6264.

**May 6<sup>th</sup> at 7:00 p.m.** On behalf of the City of Shelby Mayor Steve Schag will offer a proclamation to help Richland County Mental Health and Recovery Services Board celebrate Mental Health Month. The event will be held at Shelby City Hall.

**May 6<sup>th</sup> thru June 10<sup>th</sup>** NAMI will offer NAMI Basics which is a 6 session educational program for parent, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. For more information on this please visit [namirc.org](http://namirc.org) or call 419-522-6264.

**May 7<sup>th</sup> 5:30 p.m.** CACY is hosting a showing of "Screenagers: Under the Influence- Addressing Vaping, Drugs and Alcohol in the Digital Age" at Linden Road Presbyterian Church. The movie examines the impact of our digital age on teens' decision-making in relation to substances and explores the latest research to learn more about the personal experiences of teens and families. The film highlights the changing landscape of the substances themselves, offering solutions for how we can best empower teens as they face decisions about what they will and will not be influenced by.

**May 7<sup>th</sup> 7:00 p.m.** The City of Mansfield and Mayor Jodie Perry will offer a proclamation to help Richland County Mental Health and Recovery Services Board celebrate Mental Health Month. The event will be held at Mansfield City Hall.

**May 14<sup>th</sup> at 4:30p.m. to 6:30 p.m.** Catalyst Life Services will host its Annual Kids Carnival at 270 Sterkel Blvd in Mansfield. The event is free and open to the public. There will be snacks, games and prizes at the event.

**May 16<sup>th</sup> 3:30 p.m.** Substance Abuse Treatment Court Graduation will be held at the Life Celebration Reception Center, 129 South Main Street, Mansfield, Ohio 44902. Refreshments will be provided.

**May 18<sup>th</sup> at 11:33 a.m.** 33 Forever will host the 3<sup>rd</sup> Annual 33 Forever Mental Health Birthday Walk which will begin at the square in Mansfield and end at the Carrousel. It will be a 3.33 km (2 mile) family friendly walk. There will be a \$33 registration fee for walkers who are encouraged to get sponsors to help raise money for mental health and 33 Forever. To register go to <https://33forever.life/>.

**May 18<sup>th</sup> 12:00 p.m. to 4:00 p.m.** Healing Hearts Counseling Center is working in collaboration with Healing Hearts Foundation of Ohio to celebrate May as Mental Health month, and bring a sense of connectedness within the community, by having the 4th annual "Party in the Park." By hosting "Party in the Park" Healing Hearts hopes to bring connectedness and unity throughout our community through dance, song, and games. They will be providing food, games, kids activities, and just a day filled with fun! The event is being held at South Park located at 100 Brinkerhoff Avenue in Mansfield.

**May 28<sup>th</sup> 1:00p.m. to 4:30p.m.** Catalyst Life Services is offering Free hearing Screenings at 270 Sterkel Blvd in Mansfield.

**June 3<sup>rd</sup> and June 4<sup>th</sup>** The Ohio Association of County Behavioral Health Authorities Foundation, in partnership with the Ohio Department of Mental Health and Addiction Services, the Ohio Department of Rehabilitation and Correction, and the Ohio Department of Health, will host ***Ohio's 2024 Mental Health and Addiction Conference: Building the Systems of Care*** on **June 3-4, 2024**, at the Hyatt Regency in downtown Columbus, OH.

For updates on this calendar please go to the Board's calendar at [www.richlandmentalhealth.com](http://www.richlandmentalhealth.com) or call the Mental Health & Recovery Services Board at 419-774-5811 or follow us on Facebook.