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MAY IS MENTAL HEALTH MONTH 2025

Richland County Mental Health and Recovery Services Board is celebrating this year's Mental Health Month with the theme, “**Turn Awareness into Action**”. This theme focuses on bringing awareness to services and providers that are part of Richland Recovery Network. Richland Recovery Network is comprised of several community partners including CACY (Community Partners include Community Action for Capable Youth), Catalyst Life Services, Family Life Counseling, Richland County NAMI (National Alliance on Mental Illness), Mansfield UMADAOP (Urban Minority Alcoholism and Drug Abuse Outreach Program), Healing Hearts, Ohio Health Psychiatric Services, Akron Children’s Hospital Behavioral Health Center, Richland County Community Alternative Center, Hope 419, 33 Forever, Third Street Family Health Services, Starfish Project, Richland County Youth and Family Council and Project One.

This year’s celebration kicked off with a National Drug Take Back Event held at multiple locations throughout Richland County. The NAACP, with support from other local organizations, held its 26th Annual Minority Health Fair. Other events include proclamations, health and resources fairs, medication disposal bags giveaways, and trainings. The month will conclude with the first ever NAMI-Walks event at Marshall Park Ontario. The event will feature a 1-mile walk as well as 5K Race with the goal of raising awareness about mental health and local resources available in the community.

During Mental Health Month, the Richland County Mental Health and Recovery Services Board recognizes and highlights resources available year round in the community such as the Behavioral Health Urgent Care, the Crisis Helpline (419-522-4357), the Warmline - which provides support before Crisis (419-522-5300), and a Crisis Textline (#741-741). We hope to raise awareness of these invaluable community resources so individuals know how and where to find help in their time of need.

The following Calendar of Events offers details for each event and activity associated with May is Mental Health Month 2025. These events focus on mental wellness, community, friendship, recreation, and personal connections as a way to boost mental health and build connections and supports within the community.

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2025 May is Mental Health Month *Collaborating for Community Recovery* **Calendar of Events**

April 26th - 10:00am to 2:00pm: The METRICH Enforcement Unit, in partnership with the DEA, CACY, local law enforcement, and other county departments, are providing a Medication Take Back Event at multiple locations. Accepting prescription and OTC medications, pet medications, vitamins, medicated ointments and lotions. Not accepted are needles, syringes, lancets, infectious waste, empty containers, and aerosol cans. Collection programs help protect our children, pets, our water and food supplies and decrease drug abuse. No personal information will be collected at drop-off. The collection sites include the Richland County Solid Waste Authority at 1125 National Parkway, Mansfield; the Richland County Sheriff’s Office at 597 P.A.E., Mansfield; Shelby Police Department at 31 Mack Ave., Shelby; Plymouth Police Department at 48 W. Broadway St., Plymouth; and the Lexington Police Department at 44 W. Main St., Lexington. Questions about the event can be directed to Lt. Steve Blust by calling 419-755-9677.

April 26th - 10:30am to 2:00pm: The NAACP, with support from CACY, is hosting the 26th Annual Minority Health Fair at Providence Baptist Church located at 112 W. 6th St. in Mansfield. Learn about healthy habits and interact with local providers. Door prizes are available and all ages are welcome.

April 29th at 9:30am: The Richland County Commissioners will offer a proclamation to help Richland County Mental Health and Recovery Services Board celebrate May as Mental Health Month. The event will be held in the Commissioner's Board Room at the Richland County Courthouse on the square in downtown Mansfield.

April 30th at 7:00pm: On behalf of the City of Ontario, Mayor Kris Knapp will offer a proclamation to help Richland County Mental Health and Recovery Services Board celebrate May as Mental Health Month. The event will be held at City Hall in Ontario.

May 1st to May 31st: CACY will be distributing FREE Deterra medication deactivation pouches to properly dispose of unwanted/expired prescription and over-the-counter medications. Deterra pouches are made from environmentally friendly materials which allow the pouches to biodegrade without hurting the environment. For packets contact Brandy at the CACY office by calling 419-774-5683.

May 1st to May 31st: CACY will host and facilitate a "Grow Through What You Go Through" lunchtime interactive wall display activity at participating Richland County schools. Students and school staff will write words of affirmation, motivational notes and self-care ideas to be displayed as wall art. Individuals needing extra support are encouraged to take a note with them when they need it. Interested in having this activity at your agency or school or for more information, email Brandy at marquetteb@cacyohio.com.

May 1st to May 31st: The Behavioral Health Urgent Care at Catalyst Life Services offers access to services without an appointment. Offers initial assessments or brief and solution-focused counseling for Mental Health and Addiction related concerns. Urgent Care located at 741 Scholl Road in Mansfield. Open Monday and Friday 8:00am to 4:00pm - Tuesday, Wednesday, Thursday 8:00am to 5:00pm.

May 1st to May 31st: Catalyst Life Services will have the Crisis 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 reach out for help by calling 419-522-HELP (4357).

May 1st to May 31st: The Richland County Mental Health Board will be supporting the Text4Hope - Crisis Text Line, for those who prefer to communicate mental health and addiction recovery assistance via text. Available 24 hours a day, 7 days a week. You can access this FREE service by texting a message to #741-741.

May 1st to May 31st: The Warmline will be available 24 hours a day, 7 days a week for those not in crisis but have questions or concerns regarding mental health. The Warmline can be reached by dialing 419-522-5300.

May 4th - 11am to 2pm: Richland County Youth and Family Council, in collaboration with NAMI Richland County, will host a Parent Education 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 and 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 5th at 7:30pm: On behalf of the Village of Lexington, Mayor Bob Jarvis will offer a proclamation to help Richland County Mental Health and Recovery Services Board celebrate May as Mental Health Month. The event will be held at Village Hall in Lexington.

May 7th - 9:00am to 4:00pm: Join Mansfield UMADAOP for a tour of their Recovery Housing facilities. Mansfield UMADAOP owns and operates seven Recovery Houses in Mansfield. These programs are based around client accountability and offer a wide range of services to clients to help them resume normal activities

such as working and going to school. This environment can support sobriety and help clients adjust to their new substance-free lifestyle. For more information, please call Mansfield UMADAOP at 419-525-3525.

May 13th - 4:30pm to 6:30pm: Catalyst Life Services will host its Annual Kids Carnival at 270 Sterkel Blvd in Mansfield. This annual event celebrates Mental Health Awareness Month and supports children in need. The event is free, but we ask anyone who is able bring a donation of hygiene products. Come join the Catalyst Team for snacks, prizes, games, and more!

May 13th at 3:30pm: Substance Abuse Treatment Court Graduation will be held at the County Building in Judge Naumoff's courtroom located at 50 Park Ave. West in Mansfield. Refreshments will be provided.

May 17th at 11:33am: 33 Forever will host the 5th Annual 33 Forever Mental Health Birthday Walk which will begin and end at the Richland Carrousel in downtown Mansfield. The event includes a 3.33 km (2 mile) family-friendly walk, carrousel rides, a balloon artist, an interactive reptile exhibit, and fun for all ages. Check in begins at 10:33am. A \$33 registration fee will be collected from individual walkers and a \$66 fee for each family of walkers. To register and more details, please visit <https://33forever.life/>.

May 22nd - 5:15pm to 9:30pm: Mansfield City Schools, in collaboration with CACY, presents the Peace on My Block Annual Community Fair. The event is open to all Mansfield City School K-8th graders and their families and will be held at Arlin Field in Mansfield. Resource information, games, activities, food trucks, and DJ will be at the event. At 9:30pm there will be fireworks. All minors must be accompanied by an adult to enter the event.

May 24th - 2:00pm to 4:00pm: NAMI will host 'In Our Own Voice' at the Connection Space located at 879 Park Avenue West in Mansfield. The event is free and is an interactive presentation where Brandon & Laura, two adults living with mental health conditions share their stories and answer audience questions about mental illness. Brandon is also a suicide attempt survivor with a compelling story offering hope and inspiration. For more information, NAMI can be reached by calling 419-522-6264.

May 31st - 8:00am to 12:30pm: Join NAMI Richland County in our first ever NAMI-Walks event at Marshall Park Ontario. The event will feature a 1-mile walk as well as 5K Race with the goal of raising awareness about mental health and local resources available in the community. There will be food trucks, a DJ, balloon animals, face painting, yard games, family fun, and more!

May 31st - 12:00pm to 4:00pm: Join Healing Hearts Counseling Center, in collaboration with Healing Hearts Foundation of Ohio at the 5th Annual Party in the Park, in recognition of May as Mental Health month 2025. By hosting the event, Healing Hearts hopes to bring connectedness and unity throughout our community through dance, song, and games. Featuring food, games, kids activities, and fun for all ages! The event will be held at South Park, 100 Brinkerhoff Ave. in Mansfield. A rain date is scheduled for June 7th.

June 9th and June 10th: The Ohio Association of County Behavioral Health Authorities Foundation, in partnership with the Ohio Department of Mental Health and Addiction Services will host Ohio's 15th Annual 2025 Mental Health and Addiction Conference: Advancing Care in Communities, at the Hyatt Regency in downtown Columbus. This two-day conference will cover topics related to mental health and addiction such as: prevention, education, intervention, treatment, recovery, family supports, community engagement, and more. The conference will advance attendee's knowledge of essential resources available for communities to provide support to those individuals and communities in need. For event registration and for more information about the conference, go to www.oachbha.org.

Scan the QR Code below to connect to the Richland Recovery Network of partner providers. For more information and updates, please visit www.richlandmentalhealth.com or contact the Mental Health and Recovery Services Board at 419-774-5811. Follow us on Facebook for the latest news and event details.



Contact: Richland County Mental Health and Recovery Services Board

Phone: 419-774-5811

Email: rcmhb@rcmhb.org