

2021 May is Mental Health Month

April 24th 10:00 a.m. to 2:00 p.m. National Prescription Drug Take Back Day is being held in collaboration with Operation Medicine Cabinet, Mansfield Police Department, Richland County Solid Waste and CACY (Community Action for Capable Youth) . You may drop off prescription pills of any kind, over-the-counter medications, medication samples, pet medications and vitamins. 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 location is Richland County Regional Solid Waste Management Authority located at 1125 National Parkway, Mansfield Ohio.

April 26th 7:30 p.m. Jeff and Donna Heck of 33 Forever, in collaboration with Mid State Multi Media, will host a twice monthly show called 'Sparking the Conversation'. The show will address issues related to mental health and suicide while sharing positive stories and outcomes regarding the same. The focus on this show is to bring Mental Health conversations to the our local community regarding hope, resiliency and the availability of resources to help those in need. For more information please go to wmfd.com or email kelbyk@wvno.com.

April 28th 5:00 p.m. to 6:00 p.m. CACY will host Communities Talk: To Prevent Underage Drinking. Concerned caregivers and teens join CACY and other Richland County agencies for an interactive Town Hall event to learn about underage drinking trends in the community and what you can do to take action and prevent misuse. To register go to: <https://forms.gle/a1C2zEojRcdPffb38>

May 1st thru May 31st 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 1st thru May 31st Anyone can call into Catalyst (419-756-1717) between 7:30am - 9:30am, Monday through Thursday for Open Access! Open Access will allow you to be assessed by a clinician that very same day if you are in need of mental health or substance use services.

May 1st thru May 31st The Warmline will be available 24 hours a day, 7 days a week for or questions or concerns regarding mental health. For more information call 419-522-HELP (4357).

May 1st thru May 31st The Richland County Mental Health Board will be supporting 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 if available 24 hours a day, 7 days a week. You can access this FREE service by texting 741-741.

May 1st thru May 31st CACY, in collaboration with Store It Safe, will be offering FREE Firearm Lock Boxes (while supplies last). These safe firearm boxes offer a way to protect adolescents and reduce risk of firearm injury to children. Properly storing firearms and separating ammunition can reduce risk of suicide and unintentional injury. If you know an adolescent who is thinking of harming themselves, call the crisis helpline at 419-522-HELP (4357). To receive a FREE firearm box call 419-774-5683 or email andersont@cacyohio.com.

May 1st Noon to 4:00 p.m. The Starts Within Organization with Carlos M. Christian, CEO, will host a free Father Within BBQ Cookout at Johns Park, 591 Johns Ave., Mansfield. Fathers are encouraged to come out and enjoy free food while learning about new ways of thinking on how to become a better father. There will also be assistance with eliminating barriers such as child support, parenting time orders, employment opportunities, etc. For more information, text or call Angel Singleton, case manager, at 419-610-6915. Sponsored by the Ohio Commission on Fatherhood.

May 3rd at 7:30 p.m. On behalf of the Village of Lexington, Mayor Brian White will offer a proclamation to help Richland County Mental Health and Recovery Services Board celebrate Mental Health Month. The event will be held at the Lexington Village Hall.

May 4th at 9:30 a.m. Richland County Commissioners will help Richland County Mental Health and Recovery Services Board celebrate Mental Health Month by offering a proclamation declaring May as Mental Health Month in Richland County, Ohio.

May 5th 12:00 p.m. Joe Trolan from the Richland County Mental Health and Recovery Services Board will present on May being Mental Health Month to the Noon Optimist Club. This meeting will be at the Holiday Inn.

May 5th 7:00 p.m. On behalf of the City of Ontario, Mayor Randy Hutchinson will offer a proclamation to help Richland County Mental Health and Recovery Services Board celebrate Mental Health Month. The event will be held at the Ontario City Hall.

May 6th from 6:00 to 7:00 p.m. NAMI will host NAMI Connections Meeting for those individuals living with a mental health condition, who may face unique challenges, social stereotypes and misunderstandings, complex family dynamics, and changing medical developments. This program can help you. NAMI Connection provides a safe, accepting and confidential setting with access to a community of people who relate to these kinds of experiences. This group offers support to people like you who get it and who have been there. Trained facilitators will guide you in learning to empower people. This is a place that offers respect, understanding, encouragement and hope. To attend the meeting log into zoom @ <https://zoom.us/j/9121952599>. The meeting number is 9121952599 and the password is 12345.

May 10th thru 16th Richland County's 1st Annual Senior Week will celebrate the accomplishments of Richland County's Senior Class of 2021. Participating businesses will provide a product or service for FREE or at a discounted rate for graduating Seniors. Seniors will need to present a school id, or a "senior card" as proof of graduation.

May 12th at 12:00 p.m. to 5:30 p.m. Wellness Wednesday is sponsored by Catalyst Life Services, 270 Sterkel Blvd. Mansfield, OH. To find out more about how Catalyst can serve you and your loved ones please come to this event and learn about behavioral health screenings, mental health supports, substance use supports, peer recovery support, vocational services, telehealth services, support for family members or to talk with a counselor and other Catalyst staff. You can also sign up for Narcan Training at 12:45 & 4:30 by calling 419-774-6710. Parking will be in the back of the building and the event is in the downstairs conference room. Receive a t-shirt and goodie bag for attending. Snacks and refreshments will be available.

May 15th 9:00 a.m. to 1:00 p.m. Bike-A-Palooza Family Festival will be held at North Lake Park. The event will be free and open to the public. There will be Bike with a Cop, a Bicycle Safety Rodeo, a Bicycle Raffle, Family Entertainment, Mansfield Fire Departments House of Hazards, and Richland County Dog Warden will have dogs available for adoption. This event is brought to you via collaboration of many community partners that will be recognized at the event.

May 15th 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 a "Party in the Park." Many have struggled in the past year having to isolate and distance from one another, which has impacted people and their mental health. By hosting "Party in the Park" we hope to bring connectedness and unity throughout our community. We will be providing food, games, kids activities, and just a day filled with fun! The event is being held at South Park in Mansfield. A rain date of May 22, 2021 has been scheduled.

May 17th from 6:30 p.m. to 8:00 p.m. NAMI will be offering a Family Support Group designed for those who have a loved one with a mental illness. Anyone is welcome to join the group every 3rd Monday of the month for support, education, and learning. These sessions focus on how to advocate and care for loved ones as well as learning about self-care. Every month NAMI will cover a different topic through a variety of guest speakers. To participate please log into zoom at <https://us02web.zoom.us/j/85999690583?pwd=SkZYMEZnSVhoVWISZVU3SkIBZ0F1QT09>.

May 17th 7:00 p.m. to 8:00 p.m. "Community Stretch for Mind, Body and Spirit" will run for 12 consecutive Mondays (with the exception of Memorial Day which will move to the Tuesday that week). This event will focus on stretching, a light workout, guided meditation and subject specific discussions and sharing. Attendees will leave the Stretch with uplifting messages that carry through to the next session. Presentations will vary touching on topics that are mental health specific. The event will be held at Marshall Park at the pavilion on the corner of Rock and Milligan Roads.

May 22nd at 11:33 a.m. 33 Forever will host the 1st 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 24th at 5:30 p.m. There will be a Town Hall panel discussion on the Good Neighbor Campaign that is being facilitated through partnership with the Richland County Mental Health and Recovery Services Board and Mid State Multi Media. The Town Hall will define the initiative, encourage people to participate in it, and offer ideas on how to be a Good Neighbor.

Physical distancing and masks mandates will be adhered to for in person events.

For updates on this calendar please go to the Boards calendar at www.richlandmentalhealth.com or call the Mental Health & Recovery Services Board at 419-774-5811.