



# Mental Health Association

*in Orange County, Inc.*

NADIA ALLEN, EXECUTIVE DIRECTOR

**For Immediate Release:**

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(845)342-2400 x236**

## **MHA in Orange County Emphasizes the Importance of Mental Health during May is Mental Health Month**



What is mental health? If you were to ask your spouse, friend or neighbor, they may respond that it is a “state of mind”, “being content with life” or “feeling good about yourself”. Simply put, mental health is the ability to cope with daily life and the challenges it brings.

In honor of May is Mental Health Month, MHA in Orange County is raising awareness of the role mental health plays in our lives and providing tips and resources so anyone can take steps to promote good mental health. These include building social support, eating with your mental health in mind, recognizing the signs of stress, and knowing when to reach out for help.

A healthy lifestyle can help to prevent the onset or worsening of depression, anxiety and other mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems.

Here are some tips to help you “**Mind Your Health**”: make sure you get enough sleep each night for your best mental health, be optimistic- optimistic people live longer than pessimistic people, take a mental health screening, remember what’s important in your life-and make time to be grateful for it, take time for yourself and your friends- furry or not, eat healthy to help your brain stay healthy, singing is a great way to boost your mood and improve your breathing-which can reduce anxiety and lastly, enjoy a good laugh as often as possible.

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Board of Directors – David Goggins, *President*

**HELPLINE • 24HOURS • 7 DAYS A WEEK • 1-800-832-1200**

You can find more tips on how to promote positive mental health through Mental Health America's **"Mind Your Health"** Toolkit which is available for download at <http://www.mentalhealthamerica.net/may/thankyou>. Remember, mental health is integral to our overall health.

MHA's doors are open to the entire community. Throughout the month of May and beyond, MHA encourages you to come visit our Middletown office Monday-Friday between the hours of 8:30am-5:00pm. We are located on 73 James P Kelly Way, Middletown, N.Y. We will have an informational table available for your viewing along with experienced staff on hand to assist you in finding appropriate resources. Feel free to call 845-342-2400 for directions. Additionally, if you are not able to come visit our office, you can feel free to call our 24 hour Crisis Helpline/Rapeline for any of your mental health needs. Call 1-800-832-1200 if you or someone you know is in need of assistance. If you are a teenager please text our Text 4 Teens (T4T) line at (845)-391-1000. The text line is open Monday-Thursday from 4pm-10pm, Friday from 4pm-12am and Saturday- Sunday from 5pm-12am. For additional information or to take an online screening for mental health, eating disorders and substance abuse log onto our website at [www.mhaorangeny.com](http://www.mhaorangeny.com). You can also visit us on Facebook at Mental Health Association in Orange County. We look forward to seeing you during the month of May!

Below are some of the events that are happening at MHA and throughout Orange County.

- Voices United for Change will be hosting a Children's Mental Health Awareness 5k Walk at Orange County Heritage Trail, Monroe, N.Y. on May 3<sup>rd</sup> from 9:00am-12:00pm. For more information please contact Pat Savino at [psavino@familyempowerment.org](mailto:psavino@familyempowerment.org).
- In Honor of May is Mental Health Month, MHA in Orange County & NAMI-AMICO will be sponsoring a workshop "I'm Not Crazy, A Look Into Bi-Polar Disorder" on May 12<sup>th</sup> at 7:30 p.m. at Mental Health Association, 73 James P Kelly Way, Middletown. For more information or to RSVP contact Melanie Mencke at 845-342-2400 x236.
- MHA in Orange County, Inc. will be sponsoring a workshop "Trauma and Eating Disorders: Healing the Wounds" on Wednesday, May 14<sup>th</sup> at 10:00am at Mental Health Association, 73 James P Kelly Way, Middletown. For more information or to RSVP, please contact 845-342-2400.
- MHA in Orange County, Inc. will be having its Annual Recognition of MHA's Members, Supporters and Volunteers and Annual Meeting on Thursday, May 22<sup>nd</sup> from 4:00pm-6:00pm at Middletown Elks Lodge 48-62 Prospect Street, Middletown, N.Y.
- Geriatric Mental Wellness Alliance in Orange County will be having a workshop "Successful Aging: Psychological Dimensions of Well-Being In Old Age" on Tuesday, May 27<sup>th</sup> from 10:00am-12:00pm at Orange County Emergency Services Center, 22 Wells Farm Road, Goshen, N.Y. For more information or to RSVP, please contact Debby Moore at [dmoore@rehab.org](mailto:dmoore@rehab.org).
- Family Ties Support Group is a group for parents and families with children/adolescents who have emotional, behavioral or social difficulties (including Attention Deficit and Hyperactivity Disorders.) It meets the second Wednesday of each month from 7:00pm- 9:00pm at Mental Health Association, 73 James P Kelly Way, Middletown. Please call Mary at 845-342-2400 Ext. 246 for more information.
- National Alliance on Mental Illness Connection Support Group is a support group for adults who have a mental illness that is led by NAMI-trained peers. It meets every Friday night from 6:00pm-7:30pm at First Presbyterian Church of Goshen, 33 Park Place, Goshen, N.Y. Please Call Chris at 914-582-2006, Megan at 845-323-2856 or call NAMI at 845-956-6264 for more information.

- Family and Friends Together Support Group is a group for families or caregivers of adults with severe and persistent mental illness. It meets the Third Thursday of each month at 7:00pm at the Mental Health Association, 73 James P Kelly Way, Middletown NY. Please call Peggy for more information at 845-342-2400 x238.
- Support Group for Family Members and Friends of Those with Eating Disorders provides discussion, support, education, information and sharing of experiences. Meetings take place the Second Wednesday of each Month at 6:00pm at Mental Health Association, 73 James P Kelly Way, Middletown. Registration is required. For information call Debbie at (845)342-2400 x248. Sponsored by MHA in Orange County, Inc. & The Orange County Eating Disorders Coalition.
- **VET2VET** Peer Networking groups are led by veterans for all members of the Armed Forces and veterans. **VET2VET** provides members with the opportunity to network with one another to discuss challenges and solutions with subjects such as: Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), Military Sexual Trauma (MST), addiction, Life, Employment and Academic challenges among other topics. Starting May 5<sup>th</sup>, 2014, **VET2VET** Peer Networking groups will be held every Monday at 6:00pm at the Thrall Library in the Board Room, 11-19 Depot Street, Middletown. Groups will also meet Tuesdays at 2:30pm at Hudson House in the Community Room, 245 Broadway, Newburgh and Wednesdays at 12:30pm at the Port Jervis Public Library, Community Room, 138 Pike Street, Port Jervis. To talk to a veteran and learn more about **VET2VET** please call Kevin at (845) 342-2400 ext. 237.

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