



Mental Health Association

in Orange County, Inc.

NADIA ALLEN, EXECUTIVE DIRECTOR

For Immediate Release:

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MHA in Orange County Raises Awareness during May is Mental Health Month

MENTAL HEALTH MONTH 2015

B4Stage4

Changing the Way We Think
About Mental Health

Mental Health Matters For Everyone

When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start before Stage 4- we begin with prevention. So why aren't we doing the same for individuals who are dealing with potentially serious mental illness?

Mental health conditions should be addressed long before they reach the most critical points in the disease process- before Stage 4. Many people do not seek treatment in the early stages of mental illnesses because they don't recognize the symptoms. Up to 84% of the time between the first signs of mental illness and first treatment is spent not recognizing the symptoms.

This May is Mental Health Month; Mental Health Association in Orange County is raising awareness of the important role mental health plays in our lives and encouraging members of the community to learn more about their own mental health and to take action immediately if they are experiencing symptoms of a mental illness.

It's up to all of us to know the signs and take action so that mental illnesses can be caught early and treated, and we can live up to our full potential. Mental health concerns are no different from any other physical health concerns. They should be thought about and treated the same way-long before they reach Stage 4. One way to see if you may be experiencing symptoms of a mental health condition is to take a screening. Visit www.mhascreening.org to take a quick, confidential screening for a variety of mental health conditions.

You can find more tips on how to address your mental health early through Mental Health America's "B4Stage4" Toolkit which is available for download at <http://www.mentalhealthamerica.net/2015-mental-health-month-toolkit>.

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Board of Directors – Patricia Quinn, *President*

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

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, log onto our website at 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 4 Change will be hosting a Children's Mental Health Awareness 5k Walk at Monroe Ponds, Millpond Parkway, Monroe, N.Y. on May 2nd from 9:00am-12:00pm. For more information or to register please visit www.vu4c5k2015.eventbrite.com.
- In Honor of May is Mental Health Month, MHA in Orange County will be opening its doors to the public for a special viewing of the film, "Cracking the Codes: The System of Racial Inequity" on May 5th from 12:00pm-2:00pm 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 having its Annual Recognition of MHA's Members, Supporters and Volunteers and Annual Meeting on Thursday, May 21st 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 "Diagnosing and Deciphering Medical Bills" on Monday, May 11th from 2:00pm-4:00pm at RSS Orange County Administrative Office, 30 Matthews Street, Suite 204, Goshen, NY. For more information or to RSVP, please contact Wendy Bennett at 845-615-909 x314.
- 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 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.

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- 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 7:00pm 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.
- Friends Group is a free social skills group for youth ages 9 to 17 with social, behavioral or emotional difficulties. Groups currently meet in Middletown. There are two groups, a younger group for children ages 9-13 and an older group for children ages 13-17. For more information or to submit an application please contact Christine Dorado, Friends Group Coordinator at 845-342-2400 x306.
- **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. **Vet2Vet** Peer Networking groups are held every Tuesday at 2:30pm at Hudson House in the Community Room, 245 Broadway, Newburgh and Wednesday 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 Carl Clark at (845) 342-2400 ext. 237.

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