



Mental Health Association

in Orange County, Inc.

NADIA ALLEN, EXECUTIVE DIRECTOR

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This May is Mental Health Month

Fitness #4Mind4Body Theme Highlights Importance of Physical Health in Achieving Balanced Mental Health



When you or someone you love is dealing with a mental health concern, sometimes it's a lot to handle. It's important to remember that mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

So much of what we do physically impacts us mentally. That is why this year's theme for *May is Mental Health Month – Fitness #4Mind4Body* – is a call to pay attention to both your physical health and your mental health, which can help achieve overall wellness and set you on a path to recovery.

May is Mental Health Month was started 69 years ago by Mental Health Association in Orange County, Inc.'s national organization, Mental Health America, to raise awareness about mental health conditions and the importance of good mental health for everyone. Last year, Mental Health Month materials were seen and used by over 230 million people, with more than 10,000 entities downloading MHA's tool kit.

This *May is Mental Health Month*, we are focused on how a healthy lifestyle may help prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions. Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy.

“It is important to really look at your overall health, both physically and mentally, to achieve wellness,” said Nadia Allen, Executive Director of Mental Health Association in Orange County, Inc. “Getting the appropriate amount of exercise, eating healthy foods that can impact your gut health, getting enough sleep and reducing stress – it's all about finding the right balance to benefit both the mind and body.”

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MHA has developed a series of fact sheets (available at www.mentalhealthamerica.net/may) on the importance of exercise, diet and nutrition, gut health, sleep, and stress management. Also new this year is the **#4Mind4Body Challenge**, where we call on everyone to join us in completing a small task each day during the month of May – and tell us about it on social media using #4Mind4Body. Learn more here: www.mentalhealthamerica.net/challenge.

“We know that living a healthy lifestyle is not always easy, but it can be achieved by gradually making small changes and building on those successes,” concluded Nadia Allen. “By looking at your overall health every day – both physically and mentally – you can go a long way in ensuring that you focus on your *Fitness #4Mind4Body*.”

For more information on *May is Mental Health Month*, visit Mental Health America’s website at www.mentalhealthamerica.net/may.

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 8:00am-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.

-May is Mental Health Awareness Month Proclamation by the Orange County Legislator on Thursday, May 3 at 7:00pm at the Orange County Government Center, 223 Main Street, Goshen, NY.

-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 5th from 9:00am-12:00pm. For more information or to register please visit <http://accessupports.org/entry/voicesunited4change-childrens-mental-health-walk-2/>.

-National Alliance on Mental Illness will be hosting “Every Brilliant Thing,” a play by Duncan Macmillan with Jonny Donahoe about Depression and the lengths we will go to for those we love on May 6th. Please visit <http://www.namiorangeny.org/may-is-mental-health-awareness-month.html> for more information.

-MHA in Orange County, Inc. will be having its Annual Recognition of MHA’s Members, Supporters and Volunteers and Annual Meeting on Thursday, May 17th from 4:00pm-6:00pm at Middletown Elks Lodge 48-62 Prospect Street, Middletown, N.Y.

-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. 1246 for more information.

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-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 ext. 1238.

-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 Yaritza Barbosa, Friends Coordinator at 845-342-2400 ext. 1306.

-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. To talk to a veteran and learn more about Vet2Vet please call Larry Neumann at (845) 342-2400 ext. 1237.

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