

MAY 22, 2018 is STARK COUNTY COLORING DAY!



WHY COLORING?

Like meditation, coloring allows us to switch off our brains from other thoughts and focus on the moment. Concentrating on coloring an image may facilitate the replacement of negative thoughts and images with pleasant ones. Download the Stark County Coloring Day page and learn more at StarkMHAR.org/ColoringDay.

On May 22, bust stress, reduce stigma and think outside the lines about your mental health! Turn the page for resources...

Source: <http://www.medicaldaily.com/therapeutic-science-adult-coloring-books-how-childhood-pastime-helps-adults-relieve-356280>

#StarkColoringDay
StarkMHAR.org



Help is available

CRISIS RESOURCES

Counselors are available 24 hours a day/7 days a week/365 days a year. If you or someone you know are in crisis, please immediately contact:

- Call **330-452-6000**, the Stark County Crisis Hotline, anytime
- Text **4hope to 741 741**, Crisis Text Line, anytime
- Call **1-800-273-TALK (8255)**, the National Suicide Prevention Lifeline anytime
- Call **9-1-1** if emergency services are needed. If requesting law enforcement, you can ask for a Crisis Intervention Team (CIT)-trained officer.

More resources for families and medical professionals can be found at StarkMHAR.org/Help

MORE RESOURCES

Everyone handles stress differently. Too much stress can cause physical and emotional conditions.

StarkMHAR.org/Stress

Alcohol & Marijuana All families, regardless of socioeconomic, race and other factors, can be affected by drugs and alcohol. Find resources to help parents be on the lookout at **StarkMHAR.org/BOLO**

Drug Drop Boxes Get rid of unwanted, expired prescriptions at 17 countywide collection boxes, free of charge. For a listing of permanent sites, visit **StarkMHAR.org/DrugCollection**

Talking with Family Effective prevention starts with an honest conversation. Talk with your loved ones about substance use today. **StarkMHAR.org/TalkwithFamily**

How are you feeling? Take a short quiz and get connected with local resources at **StarkMHAR.org**

MENTAL HEALTH FIRST AID TRAINING

You are more likely to encounter someone – a friend, family member, coworker, neighbor or member of the community – in an emotional or mental crisis than someone having a heart attack.

Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or crisis and demonstrates how to connect them with the appropriate professional, peer, social or self-help care. Anyone can take the 8-hour Mental Health First Aid course. Take the course, save a life, strengthen your community.

Learn more about upcoming trainings at **StarkMHAR.org/MentalHealthFirstAid**

StarkMHAR Care Network

Stark County residents can access behavioral health services regardless of their ability to pay through the Stark County Mental Health & Addiction Recovery (StarkMHAR) Care Network. StarkMHAR funded service providers accept various insurance programs, Medicare and Medicaid. Stark residents that are not covered by one of those options can receive services. Their ability to pay for those services will be determined by their income and could be fully subsidized by StarkMHAR. Learn more at **StarkMHAR.org/CareNetwork**

Canton Community KidSummit Against Drugs 330-453-1155

Child and Adolescent Behavioral Health 330-454-7917

Coleman Professional Services 330-438-2400 (*Teens 16+ yrs*)

CommQuest Services 330-455-0374

Crisis Intervention & Recovery Center 330-452-9812

Domestic Violence Project 330-453-7233

Foundations, A Place for Education & Recovery 330-454-2888

ICAN Housing 330-455-9100

Make-A-Way 330-837-0650

NAMI Stark County 330-455-6264

OhioGuidestone 440-260-6466

Stark County TASC 330-479-1912

Stark Social Workers Network 330-455-2260

Summit Psychological Associates 330-493-2554

(Italics indicate StarkMHAR-funded youth treatment.)