

Concerned family dinner might come with a side of stigma again this year?

Dated terminology, preconceived notions, and a lack of understanding can be damaging to an individual's desire to seek treatment for mental health and substance use disorders. One way to combat this is by playing **Beat The Stigma** with your friends and family this holiday season. Help put an end to stigma, and maybe even have some fun along the way!



[Play Now!](#)

Man Therapy's 20 Point Head Inspection

“Working aged men (25-54 years old) account for the largest number of suicide deaths in the U.S. These men are also the least likely to receive any kind of support. They don't talk about it with

their friends. They don't share with their family. And they sure as heck don't seek professional treatment. They are the victims of problematic thinking that says mental health disorders are unmanly signs of weakness.” - ManTherapy.org



20 POINT HEAD INSPECTION

Get a run down of how you excel and where you can improve your mental health.

[TAKE THE INSPECTION](#)

Taken by over 300,000 guys just like you.

[Read
More](#)

Want to help Stark County residents this holiday season? Check out our Charitable Fund!

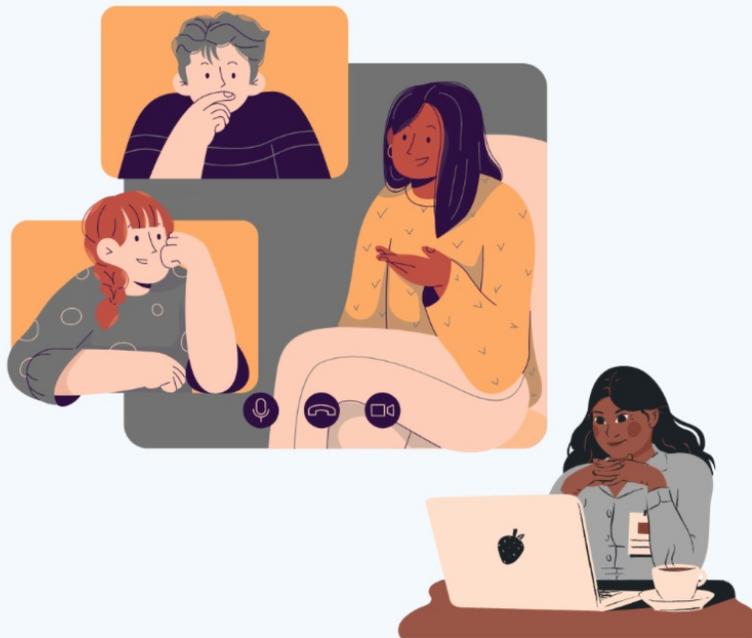
The Stark County Mental Health & Addiction Recovery Charitable Fund was established to support services and programs that promote the behavioral health and wellness of residents of all ages, enabling them to live, work and participate in their communities. StarkMHAR strives to inform, support and enable mental wellness and emphasize recovery.

GIVE TODAY



Join our focus group!

WE WANT TO HEAR FROM YOU!



Do you have thoughts on why you or people you care about might put off seeking help for addiction or mental health concerns? We want to hear from you! Please consider joining a VIRTUAL focus group to share your thoughts on how we can reduce and even eliminate stigma, best connect people to the resources they need, and ensure all of this happens in a timely manner! Send an email to anju.mader@starkmhar.org to be signed up for the focus group happening in your area – they are happening now through April 2022!

Follow us on social for mental health (& more) content!



You are receiving this eNewsletter because you, or your organization, works within the Stark County system of caring for children and families with mental health and/or addiction-related challenges, or because you have signed up to receive StarkMHAR updates.