

Local Highlights



“Everyone has a role to play in mental health matters”

Whether the pandemic is ebbing or flowing, or perhaps not even in the context of the pandemic at all, chances are you've heard more discussion lately about paying attention to one's mental health in addition to physical health.

[Read More](#)

Stark Parks Events this month

Join StarkMHAR Board Member and mental health professional Brandice Schnable to learn about how journaling can positively impact your mental health on May 23! Each attendee will receive a free journal, while supplies last!

[Click for more details!](#)

Our Focus

Spreading the word about Narcan[®]/Naloxone

Unfortunately, fatal overdoses continue to be a pressing issue in Stark County. StarkMHAR is using all kinds of strategies to educate the public about the causes and symptoms of overdoses, as well as how to prevent them with the use of overdose reversal medicine (Narcan[®]/Naloxone) and fentanyl testing strips. Anyone can get an overdose reversal kit, and anyone can administer this life-saving medicine.

[Find out how here](#)

Suicide Prevention Awareness

StarkMHAR is distributing suicide prevention information and crisis phone numbers across all of our social media platforms. The goal is simply to spread the word and ensure that community members know which numbers to call in the event of a crisis. [Add some key numbers to your phone now.](#) If you ever need them, you'll be glad you have them.

Let us know

StarkMHAR wants to know what YOU want to know! What kinds of things do you want to find out about in this newsletter? Tell us now on this anonymous, one-question form!

[Go to form](#)

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.