

## Local Highlights



### STARK COUNTY 2-1-1 TRANSITIONS TO STARKHELPCENTRAL.COM JANUARY 1, 2023

Have you heard? United Way of Greater Stark County is joining the partnership that supports StarkHelpCentral.com, a searchable community resource website supported by Stark County Mental Health & Addiction Recovery (StarkMHAR), Stark County Job & Family Services, Stark Educational Service Center, Stark County Board of Developmental Disabilities, Stark County Family Court, and Stark County Family Council.

With this partnership, Stark County 2-1-1 will close its 2-1-1 information line and online database. This move will establish StarkHelpCentral.com as the primary source of information about community resources in Stark County.

Search for resources at: [StarkHelpCentral.com](https://StarkHelpCentral.com)

## Our Focus

### MENTAL ILLNESS & ADDICTION COMES FROM...

- ✓ Physical changes in the brain
- ✓ Genetics
- ✓ Family history

- ✗ Being a bad person
- ✗ Weakness
- ✗ No Willpower

***Know your risk, and  
get the treatment you  
might need, just like  
you would any other  
disease!***



***Keep an eye on  
your mental  
health!***

Similar to your risks for things like cancer or heart disease, mental health and addiction can be influenced by genetics and family history.

**Take the Quiz** today!

***Here are 3 helpful phrases to use during the  
holidays***



*As someone relishes in the delight of their out-of-town guest, someone else is missing their loved one. Some may be delighted to have their day-to-day schedule changed up a bit with celebrations or time off work, while others crave the routine. And the extra lights, music and aromas in the air can produce totally different responses – for some, joy; for others, overstimulation.*

**Read more** of this special article submitted to the Canton Repository from StarkMHAR's Executive Director, John Aller

## 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.