



Muskingum Area Mental Health &
Recovery Services Board

MARCH 2025

Coming in MARCH:

3/13: MHRS Board
meeting

3/28-30: CCRT
TRAINING

Honoring the Unsung Heroes of Mental Health



Muskingum Area Mental Health & Recovery Services Board

Social Workers: The Everyday Heroes Without Capes (But Probably with Coffee)

March is Social Work Month—a perfect time to celebrate the folks who dive headfirst into life’s messiest situations, armed with empathy, resourcefulness, and probably a lukewarm cup of coffee. Seriously, social workers are the unsung heroes of our communities, navigating everything from family crises to mental health challenges—all while filling out way too much paperwork.

Let’s give credit where it’s due: social workers wear many hats (figuratively, though with their schedules, I wouldn’t blame them for literal ones to hide bad hair days). One minute they’re helping someone cope with grief, and the next they’re advocating for better mental health services. They work in hospitals, schools, community centers, and sometimes in places you wouldn’t expect—basically anywhere people need support. And trust me, if you’ve ever felt like life is a roller coaster with a broken seatbelt, a social worker is the one calmly helping you hold it together.

What makes them special? Social workers don’t just slap a Band-Aid on problems—they dig deep to address the root causes. They listen (like *really* listen), guide families through tough times, and fight for those who might otherwise be overlooked. And while they’re busy changing lives one person at a time, they’re also working on the bigger picture—making sure mental health services are accessible and equitable.

This month, take a moment to appreciate the social workers in your life. Send them a thank-you note, buy them a coffee (trust me, they need it), or just offer a heartfelt “you’re awesome.” Because let’s be real—without them, many of us would be lost in life’s chaos with no GPS in sight.

To all the social workers out there: your work matters, your compassion shines, and yes—you do deserve that extra slice of cake. Happy Social Work Month!

