



## Muskingum Area Mental Health & Recovery Services Board

# MAY 2025

Coming in MAY:  
5/08: MHRB Board  
meeting

5/16-17: LOSS GROUP  
TRAINING

5/17: 3<sup>RD</sup> ANNUAL  
COLOR WADDLE

5/22-23: CCRT TRAINING

5/26: OFFICE CLOSED

**It's Okay to Not  
Be Okay.  
Let's Talk About  
It!**



**May is  
Mental Health  
Awareness  
Month**

## **Muskingum Area Mental Health & Recovery Services Board**

**Here's the truth: life is a lot. And sometimes, even when everything seems fine on the outside, we're struggling inside.**

**That's why Mental Health Awareness Month matters. It's not about perfection or pretending everything's great—it's about getting honest. It's about saying, "Yeah, I'm overwhelmed," or "I don't feel like myself," and knowing you won't be judged for it.**

**At the MHRS Board, we're using this month to spotlight everyday mental health. We're not just focusing on diagnoses or crisis care (though those are important). We're talking about what it means to actually take care of ourselves—and each other.**

**This year's campaign is themed around five simple but powerful ideas:**

- **Mondays are for breaking stigma and learning something new.**
- **Tuesdays are for tools—the kind that help you get through hard days.**
- **Wednesdays remind us that wellness is more than bubble baths—it's about boundaries, movement, rest, and joy.**
- **Thursdays are all about talking, because silence never healed anyone.**
- **And Fridays? Fridays are for feeling good, because joy is part of healing too.**

**We're keeping it real on social media all month long. There'll be tips, reminders, maybe a few laughs, and hopefully a moment or two that makes someone feel seen. Because that's what this is all about—showing up for yourself and others, even in the small ways.**

**So check in with someone. Say the thing you've been holding back. Share a post that speaks to you. Or take five minutes to breathe before rushing to the next thing. Every small act of care helps shift the culture. We're all in this together. And every time we talk about mental health, we make it safer for someone else to do the same.**

**If you need support, or know someone who does, call us at 740-454-8557 or visit [www.mhrs.org](http://www.mhrs.org). And don't forget—you can always reach the 988 Lifeline for crisis support, 24/7.**

**Let's keep showing up for each other. Let's keep talking.**

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