



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: 3RD ANNUAL
COLOR WADDLE

5/22-23: CCRT TRAINING

5/26: OFFICE CLOSED

**MENTAL HEALTH
MATTERS:
NOW MORE THAN
EVER!**



**May is
Mental Health
Awareness
Month**

Muskingum Area Mental Health & Recovery Services Board

May is Mental Health Awareness Month—a time to remind ourselves and our communities that mental health is just as important as physical health. And yet, so many continue to suffer in silence, believing they have to “push through” or “tough it out” alone. At the MHRS Board, we’re here to say: you don’t have to.

This year’s focus is on practical support—recognizing the everyday tools and small steps that make a big difference in emotional well-being.

From managing stress and creating healthy boundaries to seeking professional help or talking with a trusted friend, mental health support isn’t a one-size-fits-all solution. It’s about what works for you—and making sure those options are accessible to everyone.

Throughout the month, we’ll be sharing daily content on social media that ties into five weekly themes:

- **Mental Health Mondays: Raising awareness and breaking stigma.**
- **Toolbox Tuesdays: Sharing tips, tools, and life hacks for mental health.**
- **Wellness Wednesdays: Focusing on holistic self-care—mind, body, and spirit.**
- **Talk About It Thursdays: Encouraging open, honest conversations.**
- **Feel Good Fridays: Celebrating joy, connection, and small wins.**

Mental Health Awareness Month is also a great time to check in—with yourself, your family, and your neighbors. Maybe that looks like attending a support group, reaching out to a therapist, or even just going for a walk and giving yourself space to breathe. Every little act of care counts.

If you or someone you love is struggling, we want you to know there are resources available. Call us at the MHRS Board (740-454-8557) for help finding local counseling, crisis services, or wellness supports. You can also call or text 988 to reach the Suicide & Crisis Lifeline 24/7.

Mental health affects us all—regardless of age, background, or circumstance. This month, let’s make mental health part of the everyday conversation. Let’s replace shame with support, silence with solutions, and fear with hope.

You are not alone. And you don’t have to carry it all by yourself.



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