

Mental Health America
of Jackson County
Seymour, Indiana 47274
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Agency of the Jackson
County United
Way

Mental Health America of Jackson County

April 2013

Special points of interest:

- Making the Case
- Welcome New Board Member
- Christmas Gift Lift Donors
- 2013 Christmas Gift Lift
- Mission
- "LUAU"
- May Mental Health Month

Suicide a Leading Cause of Death in the U. S.

Suicide affects hundreds of thousands of people each year.

About 30,000 people take their own lives.

Another 500,000 attempt suicide.

What increases the risk of suicide:

Depression

Other Mental illness

Alcohol Abuse

Other drug use

Family history of suicide

Having a serious illness

Past suicide attempts

A major personnel loss or stressful life event (such as a death of a love one).

Warning Signs:

Talk about suicide

Prepare for death

Be deeply depressed

Show changes in personality

Act recklessly

How Can You Help:

Give emotional support

Encourage person to keep busy

Get away for a while

Exercise

Reduce stress by learning relaxation methods or enjoying a hobby.

Encourage the person to seek professional help.

If you are thinking of about suicide:

Let others know

Call a suicide hotline

National Suicide Prevention Lifeline 1-800-273-8255

If you think someone else is about to act:

Call 911

Don't leave the person alone.

Jackson County Suicide related calls to police:

2010—94

2011—117

2012—112

2013—28 to date

We Welcome a New Board Member

We welcome Ben Brown to the Board. He has 25 years of working with business, hospitals, large medical group practices, doctors and other key management throughout the country, providing staffing and recruiting services in medical information technology arena

Ben has 2 adult sons and 5 grandchildren.

Ben has served on the school board, Boys and Girls Club member, local park board, Elder and Deacon and church boards and is presently VP for Anchor House Board. He is member of the First Presbyterian

Church in Seymour and serving on the Session Board, and chair of the mission/outreach committee.

We and look forward to working with Ben to help us with our mission of education the public about mental illness and assisting those who are affected by a mental illness.

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Christmas Gift Lift Donors

We apologize to those who donated gifts and supported The Christmas Gift Lift in 2012 but who we did not include in our last newsletter. Barbara Thompson and Cummins Employees, employees at Kremers Urban Pharmaceuticals, Seymour Education Association and the Seymour Community Schools. Brownstown Central Community Schools, Medora Community Schools, Seymour Tribune, Frische Eye Care.

2012 Christmas Gift Lift

Over 2000 gifts were provided to 200 clients. A wonderful dinner was served and it was purchased at The JC Store. Board Members, AmeriCorps Volunteers and community volunteers helped to make it a wonderful evening. Thanks, again, to all the people who supported the program this year.

Mental Health America is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 320 affiliates nationwide, MHA works to improve the mental health of all Americans, especially the 54 million individuals with mental disorders, through advocacy, research, education and service.

Our 1st quarter events:

- Monthly "I'm Thumbbody" classes
- Newspaper articles on Self-Esteem and Bipolar Disorder in children
- The Banner featured the new Director
- Spoke before the Service Council
- Valentine Social
- 2 Military Mailings

"LUAU"

Come Party at the April Social

**When: Tuesday
April 23rd**

**Time: 5:00PM—
6:30PM**

**Place: Community
Building in down-
town Seymour.**

**Food, Fun and Mu-
sic will be had by
all.**

April is Alcohol Awareness Month

**April 13—Schneck
Community Health
Fair**

April 27—Kids Fair

**May 3 & 4—MHAJC
Yard Sale**

**May is Mental Health
Month and we'll be
asking for new mem-
berships . Also, check
out the library display
for Mental Health
Month!**