

MENTAL HEALTH
AMERICA OF
JACKSON
COUNTY
POB 51, SEYMOUR,
IN. 47274
812-522-3480

Mental Health America of Jackson County

Special points of interest:

- Pleasure principle
- Board members
- National Depression Screening Day
- Wreath fundraiser
- 3rd Quarter activities
- Grant
- Suicide in America

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Pleasure principle.....

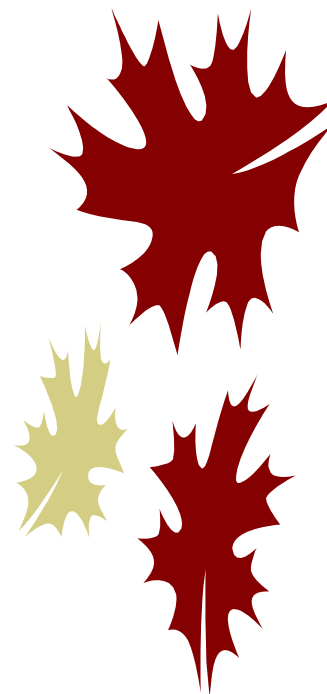
Make every moment count. Mindfulness is all about being in the present moment. Right? According to Harvard Medical School's recent special report on positive psychology, research shows that :

People who feel greater satisfaction and happiness tend to savor their pleasures-including those in the past and future. Some tips:

- REMINISCE ABOUT TRIUMPS, favorite trips, or cherished moments with loved ones.
- KEEP A PHOTO AL-

BUM (digital or hard copy) to document happy occasions and keep it handy for easy browsing.

- INCLUDE MOMENTS TO SAVOR on your to-do list (stop for flowers, play with the puppy), then enjoy the anticipation as well as the event.
- AS YOU PLAN meals, get-togethers and vacations, imagine or discuss the pleasures to come.



MHAJC Board Members:

	Sandra Turner
Vicki Johnson, President	Bob Dembek
Doris Kovener, Secretary	Dr. Brenda Smith
Carolyn Bruce, Treasurer	Maryjane Lasater
Becky Boas	Karen Metz
Libby Roberts	Laura Stahl, Director

If you are interested in becoming a board member and can commit to 1-2 hours a month, let us know. Call the office at 522-3480 and speak with Laura. She will send you information on becoming a board member of MHAJC.

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POBox 51 Seymour, Indiana
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www.mentalhealthamericajc.net



Business Tagline or Motto

October 11, 2012 is National Depression Awareness Day and MHAJC will be offering free depression screening for the public. If you or if you know of someone who would like to participate, please call the office @ 522-3480 and schedule an appointment. They will be held on the 3rd floor of the Community Agency Building, 113 N. Chestnut from 9:00a.m. to 2:00 p.m.

MHAJC has started their wreath fundraiser. Beautiful Mickman wreaths are for sale. Prices range from \$20-24. They will be delivered to you the Monday after Thanksgiving if you're interested. They also make great gifts for friends . Call Laura @522-3480 to order!!!!

3rd Quarter events: Monthly I'm Thumbbody classes have begun, providing lessons in building self-esteem in young children; Suicide Awareness display at the library, newspaper articles on Daily Tips for Improving Your Mental Health, Attitude-Creating a Positive One, Managing Stressful Times, Bullying-What to Do About It, Building a Strong Family Bond, Learning From Your Child's Teacher, and Read the Warning Signs About Teen Suicide.

MHAJC has received a grant from the Seymour Noon Lion's Club. With the monies we have purchased anti-bullying coloring books for the first graders in Jackson County. Thank you NOON LIONS CLUB!!

SUICIDE IN AMERICA

Suicide is a major health concern. Around 30,000 people die by suicide each year in the United States. More people die by suicide each year than by homicide.

Suicide is tragic. But it is often preventable. Knowing the risk factors for suicide and who is at risk can help reduce the suicide rate.

The main risk factors for suicide are:

- Depression, other mental disorders or substance abuse
- A prior suicide attempt

- Family history of a mental disorder or substance abuse
- Family history of suicide
- Family violence, including physical or sexual abuse
- Having guns or other firearms in the home
- Incarceration, being in prison or jail
- Being exposed to others' suicidal behavior, such as that of family members, peers, or media figures

The toll free National Suicide Prevention Line is 1-800-273-TALK (8255). Share if you know anyone who is in trouble!