



Mental Health America of Jackson County

P.O.Box 51
Seymour, Indiana 47274

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What's Going On

Self Help Stuff That Works!!

We are all meant to be healthy people, physically and mentally. Often illness can come as a result of negative thinking. So be positive, caring and love others and you will find happiness. Personal mental health comes from good whether it is being good or doing good. Helping others brings immense benefits and satisfaction, therefore happiness.

Personal mental health can be increased if you:

- smile and laugh often
- don't take yourself or your life so seriously
- realize that if you fail it isn't the end of the world
- walk everyday whenever you can (for exercise but also your brain needs fresh air)
- dream about new possibilities
- reflect on your successes and believe in yourself
- do things you love

as often as possible

- welcome new challenges and experiences
- work on your important goals
- do not watch and listen to negative or evil things
- try to find beauty in everything and put your focus on beautiful things
- be generous including financially
- be honest to yourself and others

Hope these hints help you find **living your life well** with a healthy mind.

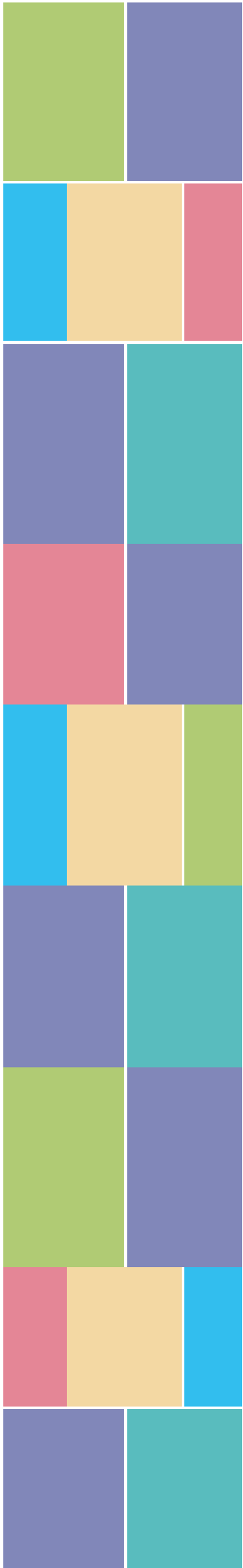
Mental Health America of Jackson County Board Members are: Vicki Johnson, President; Carolyn Bruce, Treasurer; Doris Kovener, Secretary; Melissa Dick, Tom Waldkoetter, Becky Boas, Karen Metz, Sandra Turner Libby Roberts, and Dr. Brenda Smith

Interested in becoming a board member? Call 522-3480 for info.

SPOTLIGHTING A MHAJC PROGRAM

One of the main parts of our mission is to reduce the stigma of mental illness throughout the community. Using an educational approach, we try to reach all citizens and give them knowledge to absorb what mental illness is and ways that they can seek help and information. Much of this is done through newspaper articles written monthly to both the Tribune and the Banner. We hope that by providing information to the public, will in turn, open all minds that having a mental illness of any kind is not shameful. There are many treatments available to help anyone who suffers from stress, depression and many other forms of mental illness. These articles, if you've missed them, are on our website under programs: www.mentalhealthamericaajc.net

Check it out!!!!



We're gearing up for our annual fundraiser: Mickman Christmas Wreaths. They are such beautiful wreaths, handcrafted from Minnesota Balsam Fir and are decorated with white tipped pinecones, festively accented with jingle bells and trimmed with red velvet ribbon. 25 inches in diameter and SMELLS WONDERFUL!! If you are interested in purchasing one for yourself or a friend...they make great gifts for \$18...call the Mental Health office @ 522-3480 or contact a board member.

SUPPORT THE UNITED WAY OF JACKSON COUNTY. THEY DO SO MUCH FOR THE COMMUNITY. WE ARE VERY GRATEFUL FOR ALL THAT THEY DO FOR OUR AGENCY. THANKS JCUW!!!!

3rd Quarter Activities

- Membership drive held in May & June
- Bulletin Board information to the county high schools on anti-bullying
- State Town Hall meeting held in Seymour
- Bowling social
- Mailing of care packages and information on mental illness to servicemen and women deployed
- newspaper articles on teen-age depression, stop the bullies, schizophrenia, building self-esteem, cyber bullying, and depression
- preparation for I'm Thumbody classes beginning this month

National Depression Screening Day is October 7th! Mental Health America is fortunate enough to have our own clinical psychologist, Dr. Brenda Smith who will do the FREE screening on the 3rd

floor of the Community Agency Building in downtown Seymour. Information has been provided to the public and sign-up for the screening from 9-1 is now being taken. Calling the office at 522-3480 is all there is to it to get a scheduled time. This is the 3rd year that we've been able to conduct the free screening to the public.

More than 50 years ago, Mental Health America issued a nationwide call for the chains and shackles that had been used to restrain people in asylums. They took these tools of mistreatment and forged them into a powerful beacon of freedom: the 300 hundred pound Mental Health Bell.