

Mental Health America of Jackson County

P.O.B 51 Seymour, Indiana 47274

812-522-3480

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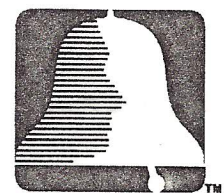
Stress..stress..stress!
This time of the year is so stressful for many. Whether it is financial, an illness, or experiencing the holidays without a loved one, these can all take a toll on your body and mind. Here are a few hints . Talk about your stress, don't keep it in. Talk with someone who won't be judgmental. You can also write it down or even hit a pillow! Don't overwhelm yourself with things to do. Learn how to delegate and say no and don't be ashamed to do that. Get away for just a few hours or so. Getting away does wonders for the mind, which will help with the stress. Not least of all, is exercise. It is good for the mind and the body. Stress will always be there and you just need to find a way to deal with it so that it doesn't get the best of you.

HAPPY NEW YEAR !!!!!

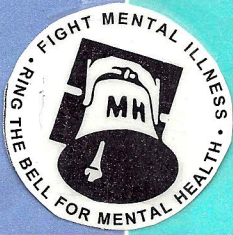
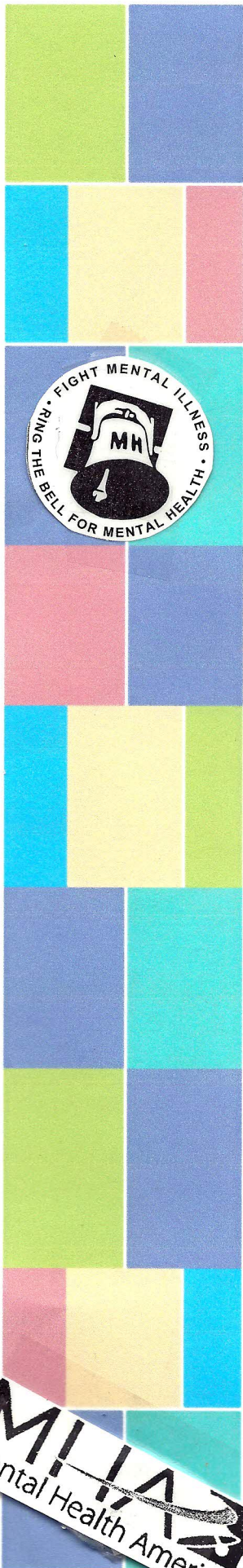
MHAJC wants to thank our generous donors to our Christmas Gift Lift. We don't have enough space here to thank each individual who was an important part of our annual campaign. We had angel trees at businesses, donation boxes at schools and banks, grants, and many, many individuals contributing the 2000 gifts for our Jackson County clients. On December 15th, MHAJC held their Christmas social at Central Christian Church and served a nice chicken dinner to about 120 clients and their caregivers. The clients left that evening with bags of gifts , full stomachs, and smiles on their faces. They are all such gentle folks .

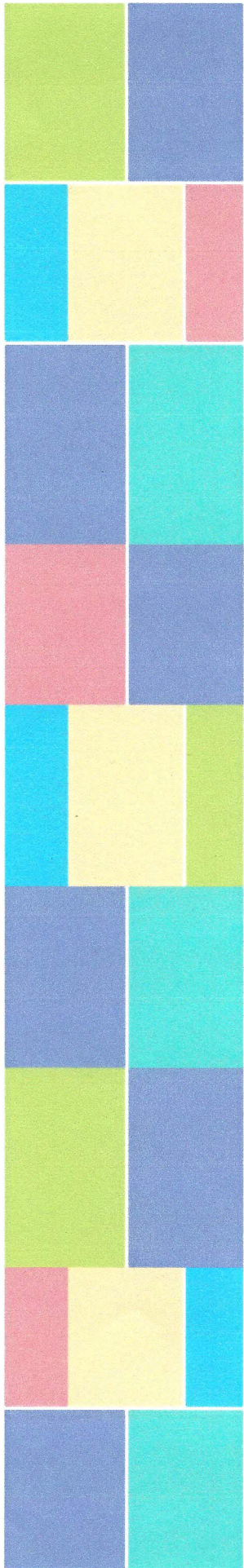
They appreciate all that is done for them. Thanks to all who helped make it a success this year.

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 pound Mental Health Bell.



1 in 5 children in the US has a mental disorder that interferes with daily functioning. Yet, fewer than 1 in 5 receive the mental health service they need.





Upcoming Events:

- Monthly, I'm Thumbody classes, building self-esteem in young children are held in the local HeadStart classrooms and Child Care Network Preschool classes.
- Valentine social will be held at the Senior Citizen's Building in downtown Seymour on February 14th from 5-6:30.
- The annual Disabilities Fair will be held in March.

MHAJC appreciates all of the support given to us by the local United Way office and staff. Support your local United Way and you are supporting 20 agencies that have important missions for the residents in Jackson County.

MHAJC board members are:

Vicki Johnson, Doris Kovener, Carolyn Bruce, Libby Roberts, Sandra Turner, Karen Metz, Tom Waldkoetter, Robert Dembek, Dr. Brenda Smith, and Becky Boas

MHAJC is recruiting new board members. If you've even thought about giving back to your community this would be a great opportunity for you. If you are interested, call the office @ 522-3480 and talk with Laura or contact one of the board members for more information. We'd love to have you "onboard"!!

MHAJC has been in existence since the early 1960's and we are affiliated with both the National and State offices. We work as an affiliate under the direction of the state organization.

There are numerous affiliates throughout the state, however not every county has an affiliate. Jackson County is fortunate to be an

OUR 4TH QUARTER ACTIVITIES:

- Monthly I'm Thumbody classes
- Schneck Medical Girls Day Out Health Fair
- National Depression Screening Day conducted locally
- Library display for Suicide Awareness Month
- Christmas Gift Lift
- Newspaper articles on Suicide Awareness, Stress, Depression, and Cyber-Bullying,
- Mickman Wreath Fundraiser

