



# Mental Health America of Jackson County

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## *What You Need To Know*

Most people feel great sadness at some time in their lives, but if sadness or a depressed mood continues for a long time, it may be a sign of clinical depression.

Clinical depression is more than feeling sad or "blue." It can make people feel worthless, hopeless, or even like giving up. The good news is that depression is an illness that can be treated. With help, the dark cloud of depression can lift--and the sun can shine again. Getting screened for depression is a quick and easy way to find out if you are depressed. You can contact your physician for more information on this or join us on Oct. 11th as one of our own board members is a clinical psychologist and we will offer free screening on that date. More information to come later.

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Thanks to United Way for their continued support to MHAJC!!!!

## Meet a Board Member

MHAJC is pleased to have a new board member. His name is Bob Dembek and has moved here from Connecticut with his wife, Lucy. He lived here in the 1970's while serving as a Vista Volunteer and also worked with Head Start at that time. He has a masters degree in social work from the University of Connecticut and has worked in social services for the last 34 years. He enjoys reading spy and mystery books and listening to folk and rock music. He also enjoys kayaking, walking, camping, and traveling as well as following men's and women's college basketball. His expertise will be a great asset to our board as we continue to reach our mission of helping those with mental illnesses. **WELCOME TO OUR BOARD OF DIRECTORS, BOB!!**

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Dealing with stress is a balancing act, but can be successful!

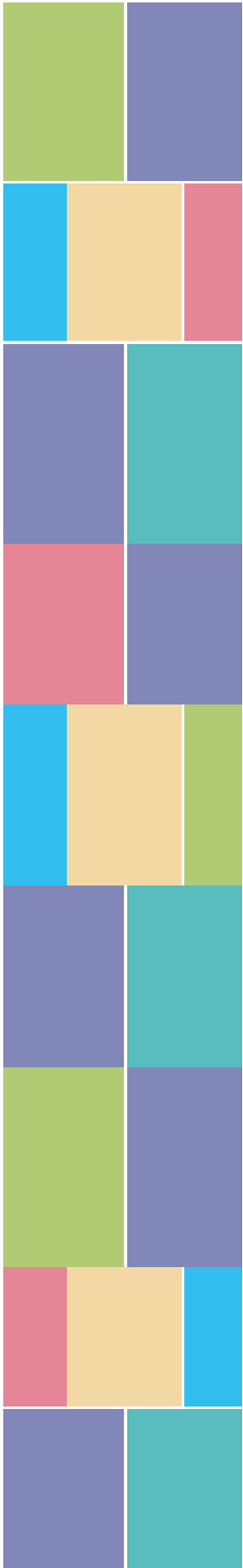
## Focus on Anti-Bullying

MHAJC just recently delivered to Seymour Senior High School a Bullying Prevention Tool kit comprised of DVD's and information for teacher's and students about the many forms of bullying. The high school has been having programs to address the issues of bullying and hopefully this additional information will be of help.

Bullying is about power: the person who bullies feels powerful and the person who is bullied feels less powerful. The effects of bullying, like a bad memory, are long-lasting. We, at MHAJC, want to be a part of the bullying situation.

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Thanks to Wal-Mart, Dickson's, Cummins, Frische Eye Care, UCB, and The America Legion for our largest donors to the Christmas Gift Lift. Also a great big thanks to the smaller donors who make our Christmas Gift Lift possible. All of our clients are very thankful as well.



Our First Quarter Activities Include:

- monthly Thumbody classes on building self-esteem to 4 Head Start classrooms and 2 pre-school classrooms
- newspaper articles on stress, how drugs mess with your life, stress and the older person, teen-self-esteem, a healthy mind depends on a healthy body, and types of mental illnesses
- participation in Disabilities Awareness Fair
- Valentine's social for our clients

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We are beginning to focus on our annual membership drive, beginning in May. Would you like to help? Our membership levels are reasonable: Associate for **\$5.00**, **Friend's for \$10.00** and **Patron's Plus for \$25.00 and above**. The monies are used to help with our mission and programs. If you are interested, please make a check out to Mental Health America of Jackson

County and mail it to P.O.Box 51. We certainly would appreciate your help.

**HELPING OTHERS  
MAKES YOUR  
HEART FEEL  
GOOD!!!**

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May is coming up really soon and May is Mental Health Month. Check out our display in May at the Seymour Public Library, on the 2nd floor. We'll have brochures and information on many forms of mental illnesses.

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We welcome you to attend our bi-monthly socials. April 19th is our next one and will be an Easter Egg Hunt and dinner at the Gaiser Park Shelterhouse from 5-6:30. Come and see how much fun the clients will have!!

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We continue to support our troops in the military by mailing monthly packages with food and information on depression and stress. If you know of someone from Jackson County who needs some support call our mental health office at 522-3480 and leave us their name and address.

We are always looking for volunteers who would like to help with our mission. If you are interested, please call Laura at 522-3480.

You'll be glad you did!

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If you or your family are having a hard time finding needed services, there is a great resource for Jackson County. It is free and confidential to all **First Call for Help 211** is here to assist you. There are helpline telephone specialists trained to listen and find answers to your questions. There are hundreds of additional resources in our community and by dialing 211 and telling the telephone specialist what you are in need of, you will find the help you need.

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Happiness is like a butterfly. The more you chase it the more it will elude you. But if you turn your attention to other things, it comes softly and sits on your shoulder.