KIDS ARE STRUGGLING AND THEY NEED A HAND.

BE PRESENT OHIO

HOW CAN YOU HELP?

Your presence can be the best present someone could ever receive. People struggling with stress, depression, loneliness, and bullying don't need all the answers. They need someone in their corner.

Start by caring. And showing it. No mental health degree required.

DID YOU KNOW?

Youth in Portage County:

32% felt so sad or hopeless mulitiple days in a row that they stopped doing some usual activities

13% seriously considered attempting suicide

34% reported being bullied in the past year

**Portage County Community Health Assessment, 2019*

Be present emotionally

When they are speaking, listen. Use nonverbal forms of affirmation such as smiling and nodding.

Be present vocally

Check in and ask how they are doing. Use empathetic validating statements like "I can see why you are upset" and "It's ok to not be ok."

Be present physically

Even in time of social distance, it's possible to be there for others virtually. Text, call, and FaceTime. Or enjoy a walk outside together.

BePresentOhio.org

Ohio MHAS Promoting wellness and recovery

OSPF Ohio Suicide Prevention Foundation

Your mental health & well-being is important too!

Stress, anxiety, fear, and strong emotions are normal in times of distress or crisis. But if these feelings are overwhelming you, reach out. Contact your healthcare provider or call our local helpline at 330-678-HELP

Recognize signs of distress:

- Feeling hopeless or helpless
- Feelings of numbness, disbelief, anxiety or fear
- Changes in appetite, energy, and activity levels
- Difficulty concentrating
- Difficulty sleeping or nightmares and upsetting thoughts
- Physical reactions: headaches, body pains, stomach problems, and skin rashes
- Anger or short-temper
- Increased use of alcohol, tobacco, or other drugs

Portage County Mental Health & Addiction Services Providers are Open!

Children's Advantage: 330.296.5552
Coleman Professional Services: 330.296.3555
Family & Community Services: 330.677.4124
Townhall II: 330.678.3006

Mental Health & Recovery Board OF PORTAGE COUNTY

Anxious? Stressed? Need to talk? Call the Portage Helpline 330-678-HELP or text "4hope" to 741741

WE'RE HERE FOR YOU!

A "crisis" doesn't just mean suicide -- it's any painful emotion for which you need support:

- Bullying
- School Stress
- Depression
- Anxiety
- Suicide
- Relationships
- Friendships
- Family problems
- Self-harm

Our local helpline is here for everyone, in any type of crisis, providing access to support and information.

HELPLINE
330.678.4357

CRISIS TEXT
4hope to 741741

Mental Health & Recovery Board
OF PORTAGE COUNTY