Mental health is vital in every stage of life. It is a combination of one’s sense of emotional, psychological and social well-being. It guides how a person receives and processes external and internal information about how they think, feel, make decisions, react or respond in routine and unexpected situations.

Mental health problems can be caused by many things including:
- Biological factors, such as genes or brain chemistry.
- Life experiences, such as trauma or abuse.
- Family history of mental health problems.

Get help if you are having a hard time
24/7 Crisis Helpline

If you are in crisis and need immediate help, please call 419-522-4357 (HELP)

Need to TALK?
24/7 Warm line
If you are not in crisis but need to talk, please call 419-522-5300

May is National Mental Health Awareness Month

You cannot control your age, genetics and family history. Know your risks and choose a lifestyle to reduce some risks for high blood pressure, for example:

- Monitor your blood pressure
- Eat a healthy diet
- Exercise regularly
- Maintain a good body weight
- Limit alcohol consumption
- Don’t use tobacco

Learn more at Heart.org

Act - F.A.S.T. If you witness signs of a Stroke

Richland Public Health brings this reminder during Stroke Awareness Month

FACE DROOPING: Ask the person to smile. Does one side of the face droop?

ARM WEAKNESS: Ask the person to lift both arms. Does one arm drift downward?

SPEECH DIFFICULTY: Ask the person to repeat, “the sky is blue.” Is it clear?

TIME TO CALL 911: Call 911 NOW if you witness any of the above symptoms.

Here’s What We Know:
- 1 in 6 U.S. youth aged 6-17 experience serious mental illness each year.
- 113,000 Ohioans age 12-17 have depression.
- 1 in 20 U.S. adults experience serious mental illness each year. In Ohio, 478,000 adults have a serious mental illness.
- 10,655 people in Ohio are homeless and 1 in 5 live with a serious mental illness.
- On average, 1 person in the U.S. dies by suicide every 11 minutes. In Ohio, 1,838 lives were lost to suicide and 461,000 adults suicidal thoughts in the last year.

Learn more at: richlandmentalhealth.com; cdc.gov/mentalhealth/; nami.org; nimh.nih.gov

Public Health Nurturing

Health services for people of all ages who are residents of Richland County. Services are provided through our on-site clinic, in the community and through our home visits.

Public Health Clinic

<table>
<thead>
<tr>
<th>March</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immunizations (visits)</td>
<td>127</td>
</tr>
<tr>
<td>International Travel (visits)</td>
<td>1</td>
</tr>
<tr>
<td>Nurse Appointments</td>
<td>53</td>
</tr>
<tr>
<td>Vaccinations (COVID/Other)</td>
<td>21</td>
</tr>
</tbody>
</table>

Total Visits | 140 | 568 |

All visits to the clinic are by appointment. Call 419-774-4700 to schedule an appointment.

Communicable Disease Report

<table>
<thead>
<tr>
<th>March</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMH (case contacts)</td>
<td>308</td>
</tr>
<tr>
<td>Community Health Screenings</td>
<td>4</td>
</tr>
<tr>
<td>Influenza Vaccines</td>
<td>13</td>
</tr>
<tr>
<td>Lead Case Management</td>
<td>0</td>
</tr>
<tr>
<td>Newborn/Prenatal Home Visits</td>
<td>11</td>
</tr>
<tr>
<td>Cribettes distributed</td>
<td>4</td>
</tr>
<tr>
<td>School Nurses (student care YTD)</td>
<td>340.75</td>
</tr>
</tbody>
</table>

Influenza (A&B) | 131 | 214 |
| COVID-19 (Coronavirus) | 236 | 6,709 |
| Hospitalizations due to COVID | 1 | 240 |

Sexually Transmitted Infections

<table>
<thead>
<tr>
<th>March</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlamydia</td>
<td>56</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>49</td>
</tr>
<tr>
<td>Syphilis</td>
<td>22</td>
</tr>
</tbody>
</table>

WIC Services-March

<table>
<thead>
<tr>
<th>March</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Participants</td>
<td>166</td>
</tr>
<tr>
<td>Recertifications</td>
<td>109</td>
</tr>
<tr>
<td>Other Contacts</td>
<td>467</td>
</tr>
<tr>
<td>Total Ashland &amp; Richland Counties</td>
<td>742</td>
</tr>
</tbody>
</table>

THANK YOU RICHLAND PUBLIC HEALTH NURSES!!

May is National Mental Health Awareness Month

Together for Mental Health

Richland Public Health

Prevent. Promote. Protect.

May 2022

HEALTH REPORT

Health news, statistics and information for Richland County
May 9-15 is National Women’s Health Week
Schedule your well-woman visit with your health care provider. Discuss family history, family planning, and personal habits, such as alcohol and tobacco use.
Schedule necessary tests, screenings like the ones offered by Richland Public Health Nurses.
Set healthy goals like: keep good sleep habits, maintain healthy relationships, be active, maintain a healthy weight and do good things for you and your happiness.

LIVE WELL & BE WELL

May is Skin Cancer Awareness Month
Don’t Fry Day - May 27

Skin is largest organ of the body. Skin cancer is the most common cancer in the U.S. Melanoma is the third most common and the deadliest type of skin cancer.

Ultraviolet (UV) light, an invisible type of radiation that comes from the sun, tanning beds and sunlamps and the rays can damage unprotected skin in just 15 minutes. Check your skin regularly. Talk to your doctor about any new growths, or changes in feeling, appearance, or size in existing moles. If the UV index is 3 or higher, protect your skin and eyes from too much exposure to the sun.

- 0 to 2: Low to No protection needed. You can safely stay outside with minimal protection.
- 3 to 7: Moderate to High protection needed. Seek shade late morning through mid-afternoon, use broad spectrum SPF 15 or greater, wear protective clothing and sunglasses.
- 8+: Very High protection needed. If your shadow is shorter than you, seek shade late morning through mid-afternoon, use broad spectrum SPF 15 or greater, wear protective clothing and sunglasses.

Do You Know The Shadow Rule?

Look for your shadow to see if you’re getting too much UV exposure.

- If your shadow is taller than you (early morning and late afternoon), your UV exposure is likely lower.
- If your shadow is shorter than you (around midday), your UV exposure is likely higher. Seek shade and protect your skin and eyes.

Bike and Motorcycle Safety Awareness
Tips for Safe Bike and Motorcycle Travel:
• Always wear a helmet and protective gear.
• Make sure your bike is safe and road-ready.
• Be seen and watch for other drivers and pedestrians.

All Drivers Share the Road and the Responsibility:
• Drive sober and undistracted.
• Obey the traffic laws and properly signal.
• Bikers and Motorcyclists may use the full lane.
• Slow down and only pass when it is safe.

• Always look twice for Motorcycles and for Bikes!!

The Richland Public Health “Health Report” is a monthly production of the Community Health & Prevention Sciences Division. Suggestions and corrections, including mailing label corrections, are welcome. Call Shannon Nelson, CHPS Coordinator, at 419-774-4761 or email snelson@richlandhealth.org

Richland Public Health is an equal opportunity employer/provider of services.

RETURN SERVICE REQUESTED