



Upcoming Events

- Clean Air Month
- Healthy Vision Month
- 12-18/ National Prevention Week
- 20/ World Bee Day
- 27/ Memorial Day

MENTAL HEALTH
 AWARENESS MONTH
 MAY



Center for Humanistic Change

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How do other countries regulate nicotine?

The U.S.'s lack of regulation of nicotine levels is dramatically different from other countries. The highest nicotine concentration allowed in the European Union and the United Kingdom is 20 mg/ml (2%).



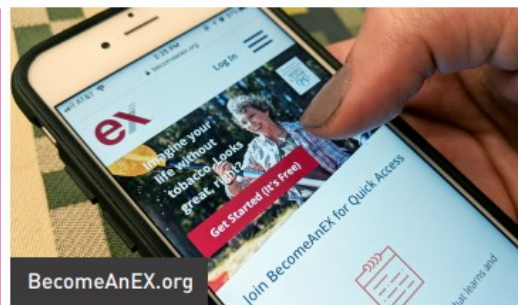
Resources for quitting

Truth Initiative has resources for young people and adults to support quitting nicotine.

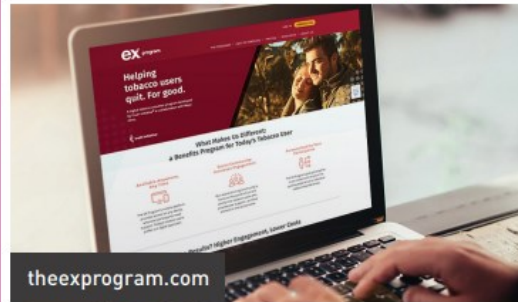
This is Quitting is a free and anonymous text messaging program from Truth Initiative designed to help young people quit vaping. The first-of-its-kind, evidence proven quit program has helped nearly 500,000 young people to date. Learn more at truthinitiative.org/thisisquitting.

BecomeAnEX, a free, digital quit-smoking plan and online community of thousands of smokers and ex-smokers developed by Truth Initiative in collaboration with Mayo Clinic has helped more than 910,000 people develop the skills and confidence to successfully quit. Learn more at becomeanex.org.

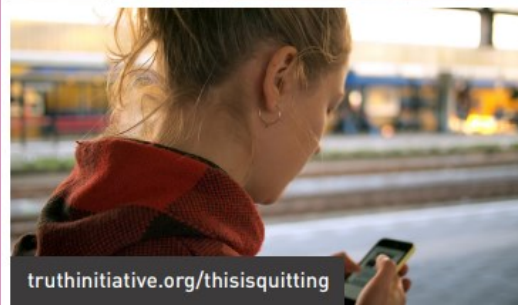
The EX Program expands on BecomeAnEX to provide an enterprise-level tobacco cessation program designed for employers and health plans. The EX Program has an active social network of thousands of smokers and ex-smokers and delivers proven quit-smoking treatment via interactive quitting tools and video, live chat, text message, email, and quit medication. Learn more at theexprogram.com.



BecomeAnEX.org



theexprogram.com



truthinitiative.org/thisisquitting



In young people, 5 mg of nicotine a day is enough to establish a nicotine addiction—about the amount of nicotine in one-quarter of an e-cigarette pod.

MENTAL HEALTH Awareness Month

What Schools Can Do

Host a Q&A with a mental health professional:

- Invite students to write anonymous questions about mental health conditions and how to take care of their mental health. Have the school counselor answer the questions and have teachers read answers to the class.
- Choose a topic and host an “Ask Me Anything”-style chat online for parents with a clinician or representative from your local department of behavioral health. Promote the event and invite participants to ask the expert any questions they have regarding mental health.

Share stories and information:

- Ensure your students are aware of and know how to access available resources.
- Include mental health as part of the conversation in alumni newsletters, department-wide communications, student life, and social media.
- Direct people to MHA’s Mental Health Month toolkit, mhanational.org/may in your messaging for the month.
- Host mental health monologues. Invite students to submit anonymous stories to be performed by student actors – or the individuals themselves – at an assembly or record them and share the video.
- Lime green is the official awareness color for mental health – coordinate a day, such as a spirit day or “paint the school green” day, to celebrate and honor mental health awareness.



Take a Mental Health Test - FREE

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Mental health conditions, such as anxiety, depression, eating disorder, PTSD, are real, common and treatable. And recovery is possible. Go to:

<https://screening.mhanational.org/screening-tools/>

How does it work? After your mental health test, you will see information, resources, and tools to help you understand and improve your mental health.

There is also a Parent Test: Test Your Child’s Mental Health and a Youth Mental Health Test!

Please note: Online screening tools are meant to be a quick snapshot of your mental health. If your results indicate you may be experiencing symptoms of a mental illness, consider sharing your results with someone. A mental health provider (such as a doctor or a therapist) can give you a full assessment and talk to you about options for how to feel better.

Follow Us on Social Media

Stay up to date on upcoming trainings and events, information about substance use and mental health trends, as well as the great work CHC is doing in our schools and community.



@chcbethlehem



Center for
Humanistic Change



Good teaching is more a giving of right questions than a giving of right answers. – Josef Albers

HOW TO BOOST YOUR MENTAL HEALTH

- Spend time with Yourself**
Eliminate distractions and experience stillness
- Get rid of Negativity**
Read inspirational and motivating quotes and distance yourself from negative people.
- Work Out**
Exercising releases endorphins which increases your mood
- Find YOUR purpose**
Explore the Things You Love To Do & What Comes Easy to You
- Let it OUT!**
It's so important that you talk about your thoughts.
- Acknowledge it**
Overcoming negative emotions comes from first understanding and accepting them
- Always be Grateful**
Be grateful for the things you have will make you feel better and allow you to attract more amazing things
- Catch them Z's**
To function effectively make sure you aim for 7 hours or more a night.

LIVE LOVE HEALTH & WEALTH CO.

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