

Mental Health America of Putnam County

SPRING 2023 NEWSLETTER

Updates and news about MHAoPC

MHAoPC
Mental Health America
of Putnam County

"I must fight in the open." - Clifford Beers, MHA Founder



**GREENCASTLE MAYOR BILL DORY SIGNS A PROCLAMATION
DECLARING MAY AS MENTAL HEALTH MONTH
APRIL 25TH, 2023**

OUR 2022 EVENTS

**2022 CHAMPIONS OF OUR
DON'T DODGE THE ISSUES
DODGEBALL TOURNAMENT**



**FUN AT OUR "MIND YOUR HEALTH"
ANNUAL 5K IN NOVEMBER**



**PARTICIPANTS LINED UP AND READY
FOR THE RUN/WALK**



**CHRISTINA & NATALIE KERNS,
HARRIET MOORE, & KAREN
MARTOGGIO AFTER 5K**

WELCOME OUR NEWEST BOARD MEMBERS

It is a great pleasure to welcome three new board members to our team: Jai Miranda (Top), Lauren Necesario Smith (Middle), and Alex Higgins (Bottom). We're looking forward to working together to further strengthen and boost our organization.



**JAI
MIRANDA**



**LAUREN NECESARIO
SMITH**



**ALEX
HIGGINS**

TO THOSE WHO HELP

Mental Health America of Putnam County would like to extend a huge thank you to the following major contributors:



- Putnam County Commissioners
- 100 Women Who Care, Putnam County
- Cloverdale High School's Business Management Class
- Kappa Kappa Gamma, Iota Chapter (DePauw University)

And of course our vital ongoing individual and family members...

We couldn't do our important work without you!

AN EFFORTLESS WAY TO CONTRIBUTE: KROGER REWARDS



Register at: [krogercommunityrewards.com](https://www.krogercommunityrewards.com)

Organization Name:

Mental Health America in Putnam County

Organization Number: 11543

CRISIS LINE UPGRADES/OPTIONS:

The State of Indiana continues to expand its services on 211, a helpline offering crisis counseling, resources and referrals.

The National Suicide and Crisis Lifeline created easy access from anywhere in the US... A person can now Call or text 988.

If texting is a better way to reach for help, the Crisis Text Line at 741741 is another great option.

increasing accessibility for those who have hearing disabilities and those who have anxiety about calling. All of these resources are great ways to seek help. If you or anyone you know is struggling with their mental health, be sure to extend the information.



PUPPET POWER



We have had another successful year bringing fun, engaging Puppet Power plays. High school students get to perform (many times in the schools they attended as little kids) and the connection between the grades is amazing. We reach all Putnam County K-5 schools Elementary Schools bringing useful, lifelong knowledge to over 2100 students!

VOLUNTEER SPOTLIGHT

Cheyenne Olsen is a Sophomore Bonner Scholar at DePauw University. Cheyenne began volunteering at Mental Health America of Putnam County this past August, and she has loved every bit of her work! Majoring in Anthropology, she's looking to use the information she learns through Mental Health America in her future career.



**CHEYENNE
OLSEN**