

MENTAL HEALTH AMERICA OF PUTNAM COUNTY

July 2023 | Summer Newsletter

MENTAL HEALTH AWARENESS MONTH !

May was officially recognized as Mental Health Month through proclamations signed by Greencastle Mayor Boll Dory and Putnam County Commissioners Dave Berry, Tom Helmer, and Rick Woodall.



ANNUAL MEETING 2023

We want to share the heartfelt highlights from our Annual Celebration Meeting:

- The "Mind Your Health" 5K event was a resounding success, thanks to your unwavering support and the dedication of our volunteers.
- We celebrated the successful "Don't Dodge the Issues" Dodgeball Tournament, uniting our community and promoting mental well-being
- Warmest welcomes to our new board members, Jai Miranda, Alex Higgins, and Lauren Necesario Smith. Their passion for mental health advocacy is truly inspiring.
- Our deepest gratitude to the Putnam County Commissioners, 100 Women Who Care, Cloverdale High School, and Kappa Kappa Gamma for their invaluable contributions.

We sincerely appreciate each and every one of you for your continued support and dedication to promoting mental well-being in our community.

THANK YOU!



"DON'T DODGE THE ISSUE" DODGEBALL TOURNAMENT 2023



The "Don't Dodge the Issue" dodgeball tournament, organized by Mental Health America of Putnam County, made a meaningful impact in promoting mental health awareness. Held at DePauw University's Lilly Center, the event united the community in support of mental well-being. Teams showcased their dodgeball skills while sparking vital conversations about mental health. The tournament served as a platform to combat stigma and provide valuable resources.



Thanks to the dedication of Mental Health America of Putnam County, DePauw University, sponsors, and volunteers, the tournament contributed to local mental health programs. Together, we are working towards a mentally healthier community!



MENTAL HEALTH TIP: PRACTICING GRATITUDE

Take a moment each day to appreciate the things you're grateful for. It could be the support of loved ones, a beautiful sunset, or even a small act of kindness. Practicing gratitude can shift your mindset to a more positive outlook, enhancing your mental well-being. Try starting a gratitude journal or sharing your appreciation with others and see the difference it makes.

