
March 2023 Community Report



In the News:

May is Mental Health Month

**Look Around, Look Within:
Your surroundings say a lot
about your mental health**



Take a moment to consider your surroundings. Do you feel safe? Do you have access to health care and grocery stores? Does your home support you, both physically and mentally?

This Mental Health Month, challenge yourself to look at your world and how different factors can affect your mental health.

Where a person is born, lives, learns, works, plays, and gathers, as well as their economic stability and social connections, are part of what is called "social determinants of health" (SDOH). The more these factors work in your favor means you are more likely to have better mental well-being. However, when it seems like the world is working against you, your mental health can suffer.

While many parts of your environment can be out of your control, there are steps you can take to change your space and protect your well-being.

- **Work toward securing safe and stable housing:** This can be challenging due to finances, age, and other reasons, but there are a few things you can try, such as

reaching out to state/local agencies to secure housing, removing safety hazards in the home, or finding another space (such as a community center or friend's home) where you can get the comfort you are missing at home.

- **Focus on your home:** Consider keeping your space tidy, sleep-friendly, and well-ventilated. Surround yourself with items that help you feel calm and positive.
- **Create bonds with your neighborhood and community:** Get to know the people living around you, join or start neighbors helping-neighbors groups, and support local businesses to challenge gentrification.
- **Connect with nature:** Hike in a forest, sit in a city park, bring a plant inside, or keep the shades open to absorb natural light.

If you're taking steps to improve your surroundings but are still struggling with your mental health, you may be experiencing signs of a mental health condition. Take a free, private screening at mhascreening.org to help you figure out what is going on and determine next steps.

The world around us can be both positive and negative – bringing joy and sadness, hope and anxiety. Learn more with Mental Health America's 2023 Mental Health Month toolkit, which provides free, practical resources, such as how an individual's environment impacts their mental health, suggestions for making changes to improve and maintain mental well-being, and how to seek help for mental health challenges. Go to mhanational.org/may to learn more.

Knox and Licking County Call Totals for the Past 12 Months

	Mar 22	Apr 22	May 22	Jun 22	Jun 22	Sep 22	Oct 22	Nov 22	Dec 22	Jan 23	Feb 23	Mar 23
Total Calls w/Follow Ups	960	987	1009	1025	1025	1144	1066	1122	1107	1252	975	979
Knox	203	199	233	251	251	305	275	296	270	347	242	256
Licking	757	788	813	774	774	839	791	826	837	905	733	723

March Unmet Needs from Call Statistics

Licking County

- Bed Bug Control
- Families/Friends of Individuals with an Alcohol Use Disorder Support Groups

Knox County

- Low Income/Subsidized Private Rental Housing





The 211 Community Monthly Report provides statistics regarding calls received and data on unmet needs in Licking and Knox Counties. New or important agency information and/or highlights of special programs and services available in Licking and Knox Counties are included.

If you have questions about this report or would like to suggest a program for us to highlight, please contact Lyn Romano at lromano@pathwaysco.org or 740-345-6166 x200.

There are 3 ways to contact us for free, confidential assistance:

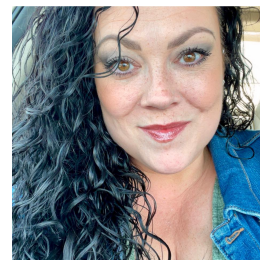
CALL 211, 345-HELP, 1-800-544-1601
 TEXT your zip code to 898211
 VISIT 211pathways.org



211/Crisis Hotline
 Program Director, Amy
 Henning, is available to



211/Crisis Hotline
 Certified Resource
 Database Curator, Lyn



211/Crisis Hotline
 Resource Database
 Assistant, Andrea Rudin,

answer questions and provide public awareness to your organization about the 211/Crisis Hotline and the services provided.

Amy Henning, MSSA, LSW
740-345-6166 ext. 229
ahenning@pathwaysco.org

Romano, can assist agencies with questions about service/program listings in the Resource Database. Call or email her when you need assistance.

Lyn Romano, CRS-DC
740-345-6166 ext. 200
lromano@pathwaysco.org

works alongside our Database Curator to keep the service/program listings updated in the Resource Database. Email her when you need assistance.

Andrea Rudin, Resource Database Assistant
arudin@pathwaysco.org



United Way of
Licking County



United Way
of Knox County



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