

April 2024 Community Report



Current Events:

Mental Health Awareness Month

May is Mental Health Awareness Month and Pathways of Central Ohio is supporting the 30-Day Wellness Challenge created by Mental Health and Recovery for Licking and Knox Counties (MHRLK). Pathways encourages our readers to join us in this empowering initiative. The goal is to create a broad community effort that not only promotes mental and physical health but also fosters a spirit of collaboration and support.

→ WHERE TO START ←

May is Mental Health Month

WANT TO IMPROVE YOUR MENTAL HEALTH BUT DON'T KNOW WHERE TO START?

GET INFORMATION AND RESOURCES AT [MHANATIONAL.ORG/MAY](https://mhanational.org/may)

Mental Health America

The graphic is decorated with various icons including stars, hearts, clouds, a sun, a rainbow, and a smiley face.

About the Challenge:

The 30-Day Wellness Challenge is designed to encourage individuals to take small, daily steps that can significantly improve their well-being. Each day

features a simple yet impactful activity that participants can easily incorporate into their routines, ranging from mindfulness exercises and healthy eating to physical activity and self-care.

How You Can Participate:

1. Share the Challenge: The downloadable calendar can be found *HERE*, and content for social media will be posted every day in May on the MHRLK Facebook and Instagram @mhrlkco. Sharing these resources with your network will help MHRLK expand their impact.
2. Join the Challenge: We encourage your team to participate in the challenge themselves. It's a fantastic way for us all to focus on our health and well-being while leading by example.
3. Promote Interaction: Use the hashtag #MHRChallenge to share your experiences and encourage others to do the same. This will help in building a vibrant community dialogue around the challenge.

Community Support:

Your involvement would also mean fostering a network where companies support each other's efforts to promote health. Together, we can create a synergy that amplifies the message and the positive outcomes of the challenge.



State Resource:

National Alliance on Mental Illness-Ohio
 Helpline: 800-686-2646
 Website: namiohio.org



Local Resource:

Mental Health & Recovery for Licking and Knox Counties
 Phone: 740-522-1232
 Website: www.mhrlk.org

Important Update:

NAMI-Licking & Knox Counties has closed so they are no longer a resource.

Knox and Licking County Call Totals for the Past 12 Months

	Apr 23	May 23	Jun 23	Jul 23	Aug 23	Sep 23	Oct 23	Nov 23	Dec 23	Jan 24	Feb 24	Mar 24	Apr 24
Total Calls w/Follow Ups	1018	1018	1102	1077	1234	1245	1217	1185	1250	1314	1131	1156	1203
Knox	225	225	256	255	287	246	254	181	210	307	264	271	273
Licking	793	793	846	822	947	999	963	1004	1040	1007	867	885	930

For more detailed monthly reports on calls to our 211/Crisis Hotline, visit www.pathways.211counts.org

Licking County
Bed Bug Control
Gambling Addiction Support Groups

Knox County
Homeless Shelter
Utility Assistance



2024 Agency Updates

Did you know that you can login to the 211 database at any time to review your agency and service information? Just click the 211 Online Resource Directory button to the right, scroll down and click Service Provider Tools.

If you don't know your login/password (sent with Web Survey Request email (at the very bottom of the message), click the Request Password button to request a user name and password. You should receive a reply within 72 business hours.

Don't forget to check your email for the 2024 Agency Update Request from Lyn Romano, CRS-DC at lromano@pathwaysco.org. Please check your Spam/Junk Mail folder, also. Requests are sent out annually to agencies that have given us a current email address.



*It's a New Year,
and updating your
agency listing is vital
to keeping our
database current!*

*Thank you for your
help in providing the
most accurate
information for
our callers !!*

**For anyone in need, the 211/988 Crisis Hotline
is available 24/7/365.**



Help Promote 211 and 988 in Licking and Knox Counties!

Pathways has supplies of 211 and 988 cards, rack cards, magnets and posters for distribution in the community. Help us spread the word about these numbers to connect your neighbors to local resources.

Pathways Facebook page

Join our 1,300 followers by liking us on Facebook and keep up with current news and information in our communities!



Click the logo to go to our page. >>>



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

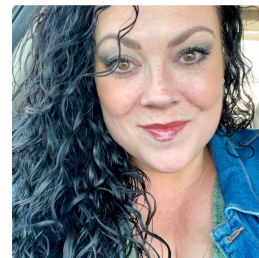
VISIT 211pathways.org



211/Crisis Hotline Program Director, Amy Henning, is available to answer questions and provide public awareness



211/Crisis Hotline Certified Resource Database Curator, Lyn Romano, can assist agencies with questions



211/Crisis Hotline Resource Database Assistant, Andrea Rudin, works alongside our Database Curator to keep

to your organization about the 211/Crisis Hotline and the services provided.

about service/program listings in the Resource Database. Call or email her when you need assistance.

the service/program listings updated in the Resource Database. Email her when you need assistance.

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

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

Andrea Rudin, Resource Database Assistant
arudin@pathwaysco.org



United Way of Licking County



Pathways of Central Ohio | 1627 Bryn Mawr Drive, Newark, OH 43055

[Unsubscribe kmcloud@pathwaysco.org](mailto:Unsubscribe_kmcloud@pathwaysco.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by lromano@pathwaysco.org powered by



Try email marketing for free today!