



CANTON COMMUNITY CALL-TO-ACTION SHINING THE SPOTLIGHT ON MENTAL HEALTH AND WELLNESS

<p style="text-align: center;">GET THE FACTS-BE PART OF THE SOLUTION</p> <ul style="list-style-type: none"> □ Mental illness is common and more than 1 in 5 adults report suffering from a depressive disorder. □ Mental illness, drug and alcohol misuse does not discriminate. □ Mental illness is treatable but negative stigma is often a deterrent. □ Regular exercise, social and family connections can reduce stress and anxiety. □ Drug related overdoses have doubled in the past two years and are more than two times the rate of automobile and firearm deaths added together. □ CT is experiencing an epidemic in unintentional overdoses and deaths associated with prescription opioid and heroin use. 		<p style="text-align: center;">MARCH START THE CONVERSATION-TALK TO YOUR CHILDREN</p> <ul style="list-style-type: none"> □ Review “A Parent’s Guide” issued by the Canton Youth Services Bureau □ Enjoy family meals together 	<p style="text-align: center;">APRIL MIND YOUR MEDICATIONS!</p> <ul style="list-style-type: none"> □ Inventory all your medications □ Dispose of outdated/unused prescription medications at the Police Department 24/7/365 no questions asked □ April 27th TAKE BACK DAY □ Discuss medications with your doctor □ Educate yourself about mixing alcohol, caffeine and prescription drugs
<p style="text-align: center;">MAY RELIEVE STRESS-TAKE TIME TO CARE FOR YOU</p> <ul style="list-style-type: none"> □ Learn the signs of stress □ Walk with a friend □ Explore the bike trail □ Start a walking club □ Go to a playground with your children □ Explore mindfulness, meditation, yoga, Tai Chi or other exercises that relieve stress 	<p style="text-align: center;">JUNE EAT HEALTHIER</p> <ul style="list-style-type: none"> □ Shop at local Farmer’s Markets □ Incorporate more vegetables and fruits into daily meals □ Try new recipes □ Eliminate sugar sweetened beverages □ Volunteer for Meals on Wheels or Soup Kitchen 	<p style="text-align: center;">JULY CONNECT WITH FRIENDS, NEIGHBORS AND COMMUNITY</p> <ul style="list-style-type: none"> □ Plan a block party □ Invite friends for a backyard barbeque □ Learn about or volunteer for community organizations □ Host cultural competence education for schools, workplaces, organizations 	<p style="text-align: center;">AUGUST DISCONNECT AND GET MOVING!</p> <ul style="list-style-type: none"> □ Explore the many hiking/biking trails in and around the Farmington Valley □ Join a team! □ Sponsor corporate/community/organization challenges promoting healthy eating and active living □ Host family and neighborhood outings □ Try something new like canoeing, kayaking, tubing, hiking, biking
<p style="text-align: center;">SEPTEMBER LEARN ABOUT SUICIDE PREVENTION</p> <ul style="list-style-type: none"> □ Participate in a suicide prevention training □ Program 1-800-273-8255 (suicide hotline) into your phone 	<p style="text-align: center;">OCTOBER TAKE CHARGE OF YOUR FINANCES</p> <ul style="list-style-type: none"> □ Meet with a financial planner □ Attend educational seminars on wealth management and debt consolidation □ Become informed about money scams □ Protect your money-pay attention to bank statements, check for odd charges 	<p style="text-align: center;">NOVEMBER SUPPORT A CAREGIVER</p> <ul style="list-style-type: none"> □ Share a meal with a friend or neighbor □ Prepare a meal for someone in need □ Volunteer for a local organization □ Reach out if you, a loved one or family need assistance □ Take a Mental Health First Aide course 	<p style="text-align: center;">DECEMBER INCREASE SAFETY/ DECREASE STRESS</p> <ul style="list-style-type: none"> □ Find opportunities to connect with people-don’t self-isolate □ Celebrate safely □ Invite those without local family to your holiday celebration □ Seek and attend support groups for what stresses you □ Have a designated driver or alternative transportation plan for when “you’ve had too much”