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Free Meditation Session Offered this Thursday, May 24 at Health Department

"We wear green for Mental Health Awareness."

May is known as Mental Health Month, a time planned to raise awareness and educate the public about the truth of living with mental illness and ways to manage mental health and wellness. For the month of May, the Anson County Health Department is supporting Mental Health Awareness by wearing green.

The Anson County Health Department is also providing a free meditation session this Thursday, May 24, from 3 to 4 p.m. Mindfulness meditation helps ease mental health conditions like depression, anxiety, and post-traumatic stress disorder. Meditating changes your brain and the way your body responds to stress. Please feel free to join the session. The Health Department is located at 110 Ashe Street in Wadesboro.

Mental health is an important part of overall health and wellbeing. Mental health refers to how we think, behave, and feel. An individual's mental health can change over time from several things. For example, working long hours or caring for an ill relative may have an impact on your mental health.

Mental illnesses are among the most common health conditions in the United States. More than 50% of people will be diagnosed with a mental illness, or a mental disorder at some point of their life. In the U.S. 1 in 5 Americans will experience a mental illness in a given year. 1 in 5 children, either currently or at some point during their life, have had a serious mental illness, and 1 in 25 Americans live with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

There is no single cause for the development of a mental illness. There are many things that can contribute to mental illness such as life experiences, ongoing medical conditions, biological reasons, alcohol or recreational drug use, and isolation. Suicide is often related to symptoms of mental illness. Suicide is the 10th leading cause of death the U.S. and the 2nd leading cause of death among people between the ages 15-34. Mood disorders, including major depression, dysthymic disorder, and bipolar disorder, are the third most common cause of hospitalization in the United States for both youth and adults between the ages 18 to 44.

Mental illness costs the U.S. about \$193.2 billion per year. There are over 65.9 million physician office visits per year relating to mental disorders. In 2015, 75% of children between the ages 4 to 17 received treatment for their mental disorders. Individuals living with serious mental illness face an increased risk of physical health problems, such as heart disease, diabetes, and Human Immunodeficiency Virus (HIV). Adults in the U.S. living with serious mental health illness also die 25 years earlier than others.

Treatments and supportive services for mental and substance use disorders differ among each individual. Treatment should be personalized to fit each individual's needs. For many people with behavioral health problems, the most effective approach often involves a combination of counseling and medication. Supportive services, such as case or care management, can also play an important role in promoting health and recovery. Some support services include:

- Specialty community behavioral health centers
- Substance use disorder rehabilitation programs
- Independent providers
- Hospitals
- Community health centers
- Mutual support groups and peer-run organizations
- Community-based organizations
- Inpatient service providers
- Primary care programs with integrated behavioral health services
- And a variety of other community settings

The Health Department refers individuals in need of mental health services to Daymark Recovery Services located on Old Lilesville Road in Wadesboro. Daymark serves individuals living with mental health, developmental disabilities, and substance abuse problems. The services provided include: crisis management, clinical assessments, outpatient individual therapy, outpatient group therapy, outpatient family therapy, psychiatric evaluations, medication management, substance abuse services, intensive in-home care, and case management.

To schedule an appointment for Daymark Recovery Services call (704)-794-6588, Monday through Friday, 8 a.m. to 5 p.m. They are located at 704 Old Lilesville Road in Wadesboro.

For an immediate crisis response 24 hours a day, 7 days a week contact the Mobile Crisis Management at 1-877-626-1772.

For overall information contact Dinikia Savage at the Anson County Health Department at (704) 994-3342.

Parks and Recreation Youth Tackle Football 2018

Registration for Anson County Parks and Recreation Youth Tackle Football has begun, and will continue until the deadline on Friday, July 20. You can come by the Parks and Recreation office to register before the deadline. The cost is \$30 per person. A copy of the sports physical and birth certificate are also due by July 20.

Parks and Recreation will have registration for grades 3&4 and 5&6. If there are enough children to sign up in these selected grades, they will host their own league. In the event that there are only have enough for one team, Parks and Rec will abide by the rules listed below.

- A player is eligible to compete in Division I if he/she does not turn 8 years of age on or before November 1, 2017. A player is eligible to compete in Division I if he/she does not turn 10 years of age on or before May 1, 2018. No Exceptions!
- A player is eligible to compete in Division II if he/she turns 10 years of age on or before November 1, 2017. A player is eligible to compete in Division II if he/she does not turn 12 years of age on or before May 1, 2018. No Exceptions!

For more information contact Jeff Waisner at 704-695-2550, Wendell Small at 704-695-2782 or Morris Gatewood at 704-694-5751.

Registration will be held 2 to 3:30 p.m. at the following locations:

- Wednesday, May 23 at Lilesville Elementary Ball Field
- Thursday, May 24 at Morven Elementary

Anson County Writers' Club Welcomes New Members

The Anson County Writers' Club meets on the fourth Sunday of each month, from 3 to 5 p.m. in the fellowship hall of First Presbyterian Church in Wadesboro, except in July and December. All meetings are open to the public. New members of all ages are welcome.

For more information call Sandy Bruney at 704-694-5211 or email sandybruney@gmail.com.

SAY IT AIN'T SO...



KIM TURNED THE BIG 4-0!
YOUR ENTIRE FAMILY LOVES YOU

ANSON COUNTY'S

MEMORIAL DAY CEREMONY

Friday, May 25
10:00 am

HONORING THOSE WHO GAVE THE ULTIMATE SACRIFICE

Anson County Courthouse - Wadesboro, NC
Remember- Freedom isn't Free!

2018