



Fairfield County  
**Health**  
Department

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Health Commissioner

## PRESS RELEASE 05/10/2022

### For Immediate Release

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### MAY IS NATIONAL MENTAL HEALTH AWARENESS MONTH

**Lancaster, OH:** Each year thousands of Fairfield County residents face the reality of living with mental health conditions. While many can link to services and receive support from those around them, often there are people who fall through the cracks. National Mental Health Awareness Month offers a chance for our community to increase awareness of mental health conditions and provides an opportunity for all of us to fight stigma.

According to the 2019 Community Health Needs Assessment completed by Fairfield Medical Center, 22% of Fairfield County residents have been diagnosed with a depressive disorder and 20% have been diagnosed with an anxiety disorder. Over the last two years individuals from every walk of life have faced extreme challenges in dealing with all that the COVID-19 pandemic brought with it. This difficult time will have made those individuals and many more prone to mental health risk. As results for the Fairfield County Health Department's Community Health Assessment for 2022 start to come in, we will get a clearer picture of where we stand in Fairfield County when it comes to mental health.

If you or a loved one struggle with mental health symptoms here are some tips that can help from NAMI (National Alliance on Mental Illness):

- Deep Breathing
  - Breathe in for 5 seconds
  - Hold the breath for 3 seconds
  - Breathe out for 7 seconds
- Exercise Daily

- Eat Well
- Get Enough Sleep
- Avoid Alcohol and Drugs
- Practice Relaxation Exercises
- Notice the Positive
- Gather Strength from Others

A community is only as strong as its most vulnerable citizens. Take time this month to learn about mental illnesses and how you can support those who bravely battle them each day. We are lucky that in Fairfield County we have numerous supportive services with individuals ready to help. Contact any of the following locations if you or a loved one needs support.

Fairfield County ADAMH Mental Health Crisis Hotline: 740.687.8255 or text 4hope to 741741

Fairfield Client Navigator: (740) 475-0415 or toll-free (855) 281-5726

Mental Health America of Ohio: 614.221.1441

Fairfield County 2-1-1: Dial 2.1.1

Fairfield Center of Hope: 740.654.0477

The Lighthouse Domestic Violence Shelter of Fairfield County, Ohio: 740.687.4423

Mid-Ohio Psychological Services, Inc.: 740.687.0042

New Horizons Mental Health Services: 740.277.6733

The Recovery Center: 740.687.4500

OhioGuidestone: 844.622.5564

Lancaster Recovery Services: 740.477.1745

Fairfield County is strong and will stand together as a community through all challenges. Celebrate and educate others about National Mental Health Awareness Month this May.