

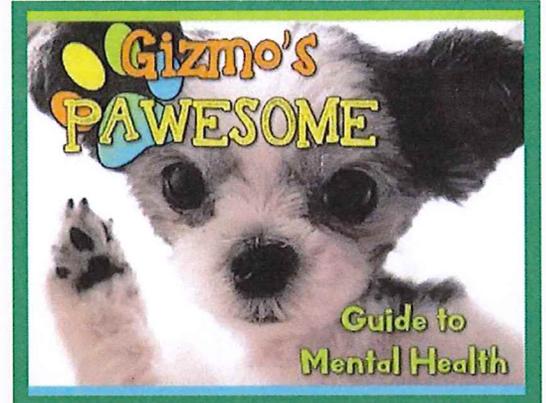


MAY is Mental Health Awareness Month

Introducing GIZMO, a small dog who shares a big message for mental health and hope.

The book "Gizmo's Pawesome Guide to Mental Health" promotes mental health habits and wellness. He encourages children, and adults too, how to identify the warning signs of poor mental health and when to apply the use of internal and external healthy coping strategies.

Check out Gizmo's pawesome health plan to improve your own mental health inside this newsletter.



How to be Emotionally Fit in a Stressful World

Emotional fitness means being able to keep a positive outlook even when life gets tough. It means being able to bounce back from challenges, stress and grief faster. Just as eating well and being active build physical fitness, you can take steps to build emotional fitness. These tips can help.

1. **Build Positive-thinking skills.**- Positive thinking means seeing the best in your life, yourself and other people, while accepting that change is a part of life.
2. **Pay attention to your feelings.**- Notice what makes you happy, sad, stressed or angry.

3. **Learn to replace negative thoughts with more positive ones.**
4. **Set and pursue long-term and short-term goals.** - Goals keep you focused on learning, growing and creating purpose.
5. **Create a caring community.** - Spend time with people who make you happy. Do what you can to help others.
6. **Take care of yourself to help your mind and body work best.** - Eat healthy food, get enough sleep and find regular exercise you enjoy.
7. **Ask for help.** - Talk to a mental health professional if feeling overwhelmed.

Uncas Health District serves the communities of Bozrah, Franklin, Griswold, Lebanon, Lisbon, Montville, Norwich, Preston, Salem, Sprague and Voluntown.

Stop by the Uncas Health District office to pick up your
FREE COVID-19 test kits. 2 per family.
401 West Thames St. - Suite 106, Norwich, CT



Scan to
learn more



uncashd.org
860-823-1189

MAY 2025

Mobile Health Team

For more information, call [860-823-1189](tel:860-823-1189) or scan the QR to visit us at uncashd.org.



We offer the following services at all of our events: blood pressure screening, flu vaccination, illness prevention, smoking cessation information, harm reduction services, Hepatitis C / HIV screening, syringe services, wound care education, STI prevention, and seasonal health education.

Thursday, May 1 9:30 - 10:30 AM	Lisbon Senior Center, Lisbon	
Friday, May 2 10:00 AM-11:00 AM/ 11:30 AM - 12:30 PM	MOBILE FOOD PANTRY at Preston Senior Center 42 Long Society Rd, Preston/ Preston Library, Preston	
Tuesday, May 6 11:00 AM - 1:00 PM/ 2:00 - 3:00 PM	Lebanon Senior Center, Lebanon/ Griswold Town Hall or Veterans Park, Jewett City	
Wednesday, May 7 10:30 AM - 1:00 PM/ 2:00 - 3:00 PM	St Vincent DePaul Place 120 Cliff St., Norwich/ Mohegan Firehouse, Montville	
Friday, May 9 10:30 AM-12:30 PM	Bozrah Senior Center, Bozrah	
Monday, May 12 12:30 -1:30 PM	Preston Senior Center, Preston	
Tuesday, May 13 11:30 AM- 12:30 PM/ 2:00 - 3:00 PM	Salem Senior Center at Gardner Lake Firehouse/ Griswold Town Hall or Veterans Park, Jewett City	
Wednesday, May 14 2:00 -3:00 PM/ 4:00 -5:00PM	Montville Town Hall/ MOBILE FOOD PANTRY at Three Rivers Community College, 574 New London Tpke, Norwich	 
Thursday, May 15 4-5:30 PM	MOBILE FOOD PANTRY at Griswold Public Works 1148 Voluntown Rd, Griswold	
Saturday, May 17 10:00 AM - 1:00 PM	WW Backus Hospital SAFETY CAMP 426 Washington St., Norwich	
Monday, May 19 10:30 AM-12:30 PM	Free Hepatitis C screening event at St. Vincent dePaul Place, Norwich	
Tuesday, May 20 10:30-11:30AM/ 12:30-1:30PM/2:00-3:00 PM	Franklin Senior Center, Franklin/ St. Jude Commons, Norwich/ Griswold Town Hall or Veterans Park, Jewett City	
Wednesday, May 21 10:30 AM - 1:00 PM/ 1:00 - 2:00 PM/ 2:00 - 3:00 PM	St Vincent DePaul Place, 120 Cliff St., Norwich/ MOBILE FOOD PANTRY at Dodd Stadium 14 Stott Ave., Norwich Mohegan Community Center, Fair Oaks	 
Monday, May 26	Memorial Day Holiday- closed	
Tuesday, May 27 2:00 - 3:00 PM	Griswold Town Hall, Jewett City	
Wednesday, May 28 2:00 - 3:00 PM	Mohegan Firehouse, Montville	



MENTAL HEALTH PLAN

For Adults

How to know if I feel sad, mad, or worried

- Eating less or more
- Trouble sleeping or staying asleep
- Arguing more
- Crying easily
- Feeling tired or bored with things I like
- Wanting to be alone a lot
- Acting impulsively
- Feeling nervous/stressed

Places to go

- Library
- Park
- Grocery Store
- Gym
- Coffee Shop
- Community Center
- Faith-based Community

Things I can do with others to make me feel better

- Play board games
- Play a sport
- Go for a walk or hike
- Go to the store
- Watch a movie
- Go to lunch
- Dance and sing
- Tell jokes

Things I can do to take care of my mental health

- Listen to music
- Breathe slowly
- Practice mindfulness or meditation
- Play a game
- Garden
- Read a book
- Sew or knit
- Play with pet
- Exercise
- Build something



Self-Care Strategies

If the above strategies aren't working Ask yourself... Am I...?

- Drinking water?
- Eating nutritious meals?
- Getting enough sleep?

Take care of yourself by building these habits in your life

- Stay hydrated and well fed
 - Drink water
 - Make time for 3 meals a day
 - Eat a balanced diet
 - Organize my space
 - Make my bed
 - Throw away garbage and clutter
 - Find a home for things
 - Sleep hygiene
 - Aim for 8 hrs of sleep per night
 - Set a consistent sleep schedule
 - Reduce screen time
 - Make time for relationships & friendships
 - Call someone for a momentary distraction from my worries or problems
 - Spend time with people who brighten my mood
 - Spend time in places that reduce my stress
- Other habits I can add to my life:

988 SUICIDE & CRISIS
LIFELINE

If experiencing a mental health crisis,
Call or text 988 or CHAT

www.988lifeline.org

Find national resources here:

www.preventsuicidect.org

www.gizmo4mentalhealth.org



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Action Steps for Helping Someone in Emotional Pain



Suicide is a major public health concern and a leading cause of death in the United States. Suicide affects people of all ages, genders, races, and ethnicities.

Suicide is complicated and tragic, but it can be preventable. **Knowing the warning signs for suicide and how to get help can help save lives.**

Here are 5 steps you can take to #BeThe1To help someone in emotional pain:



1. ASK:

“Are you thinking about killing yourself?” It’s not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.



2. KEEP THEM SAFE:

Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.



3. BE THERE:

Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.



4. HELP THEM CONNECT:

Save the 988 Suicide & Crisis Lifeline number (**call or text 988**) and the Crisis Text Line number (**741741**) in your phone so they’re there if you need them. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.



5. STAY CONNECTED:

Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

For more information on suicide prevention:

www.nimh.nih.gov/suicideprevention

www.bethe1to.com



NIH National Institute of Mental Health

NIMH Identifier No. OM 22-4315
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Things I can do to take care of my mental health

N B V G D Y F T P E X E R C I S E	volunteer
H P Y N I A B U I L D Q E S D N V	positive-thinking
W Y V I B R E A T H E E Y A L P W	call
X U S K B B A R R S Y J L H O L P	rest
W P U N S S V R P E E S Z M V L L	pray
O W N I K C Y G H D E K R M A Y O	movie
N V E H X Q I K C J F T O N D Q O	jokes
O Z Q T Q U E R E S T V N J T W M	lunch
I Y W E M N R C S Z I C R U N F T	walk
T Q T V M J S T N E W D A P L A X	sports
A B J I V U R P J A Z I R L L O P	dance
T Z A T V O S Y K N D A N K L V V	plan
I B M I P G C I J Q Y E F I N C C	build
D L P S B P O Y C C D K I I R W U	exercise
E Q W O D C L I D R L U L I P J T	talk
M W Y P I A I D A V F G L A J K Y	garden
C A Y A E G A G E L U N C H W T S	read
	play
	meditation
	breathe
	music

