

# FAIRFIELD COUNTY PREVENTION IN FOCUS

AN ENEWSLETTER BY THE FAIRFIELD  
COUNTY ADAMH BOARD FOR SCHOOLS,  
PARENTS, AND STUDENTS

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*Welcome back to school and welcome to the first edition of  
Prevention in Focus!*

*Did you know that September is not only Suicide  
Prevention Month, but it is also Recovery Month?*

*The Ohio Suicide Prevention Foundation has launched a new back-  
to-school campaign, #ItsOkTo not be OK, to help raise awareness  
of anxiety, depression, and thoughts of suicide during the current  
global pandemic.*

*The world is a weird place, and with COVID-19, things have gotten  
even stranger. Daily activities can be more challenging. Social  
distancing can make us feel more alone. The unknown future is  
hard to understand, and that's OK. #ItsOkTo not be OK.*

*The Fairfield County Alcohol, Drug Addiction, and Mental Health  
Board (ADAMH) has decided to use the #ItsOkTo not be OK  
campaign as the starting point for our monthly newsletters, which  
will continue providing helpful tips and information about mental  
health and substance use disorders throughout the entire school  
year. Our goal is mental wellbeing through prevention to save lives  
as well as treatment and recovery options, including our Network  
of Care Agency service providers.*

*We hope that you find Fairfield County Prevention in Focus  
supportive.*

*Sincerely,*

*Rhonda Myers*

*Executive Director Rhonda Myers*




## FAIRFIELD COUNTY #ITSOKTO VIDEO

Please share the following video with your co-workers, family members, and friends through email and social media posts to let them all know that #ItsOKTo not be OK and the Fairfield ADAMH Board and its service providers are here to help.

[View video.](#)

## NETWORK OF CARE PROVIDERS

- [Big Brothers Big Sisters of Fairfield County](#)
- [Fairfield County 2-1-1 \(Information & Referral\)](#)
- [Fairfield County Family, Adult and Children First Council](#)
- [Fairfield Mental Health Consumer Group](#)
- [Lancaster/Fairfield Community Action](#)
- [The Lighthouse](#)
- [Lutheran Social Services Faith Mission of Fairfield County](#)
- [Mental Health America of Ohio](#)
- [Mid-Ohio Psychological Services, Inc.](#)
- [New Horizons Mental Health Services](#)
- [OhioGuidestone](#)
- [The Recovery Center](#)



**CRISIS TEXT LINE |**

## Mental Health Crisis Hotline

**740.687.8255**

**Toll-free: 855.431.0803**

**24/7/365**



Fairfield County ADAMH Board

108 W. Main St.

Lancaster, Ohio 43130

740.654.0829

[www.fairfielddadamh.org](http://www.fairfielddadamh.org)

