



# Mental Health and Recovery Around Clermont County

October-November 2024



October marks Depression Awareness Month, a vital time for our community to come together in solidarity and support. The Clermont County Park District has joined forces with the Clermont County Mental Health and Recovery Board and the Clermont Suicide Prevention Coalition, exemplifying a remarkable collaborative spirit aimed at promoting mental health awareness throughout our region. This partnership underscores the importance of community engagement in addressing the challenges of depression, fostering an inclusive environment where individuals feel empowered to seek help without hesitation. As we acknowledge the struggles many face, let us also inspire hope and resilience, reminding everyone that support is readily available. We encourage you to participate in local initiatives and conversations surrounding mental health, as your involvement can make a significant difference. Together, we can cultivate a culture

of understanding and proactive health that uplifts every member of our community.

# Impacting Clermont County

Outreach programs play a crucial role in supporting individuals with substance use disorders. The Clermont County Mental Health and Recovery Board worked with our local partners to provide care-kits to people who might not otherwise seek help, offering them resources, support, and a pathway to recovery. Effective outreach involves building trust and understanding, often through community-based initiatives that meet individuals where they are—both physically and emotionally.



The holiday season, while often joyous, can also be a significant source of stress for many people. The pressure to meet social expectations, manage financial burdens, and navigate family dynamics can be overwhelming.

It's important to recognize these stressors and take proactive steps to manage them, such as setting realistic expectations, prioritizing tasks, and seeking support from friends and family. Remember, it's okay to take a step back and focus on what truly matters to you during this time.

# *Mental Health Matters*

Clermont CIT program being  
recognized as an exemplary  
program.



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Together we  
can all  
impact  
Clermont  
County  
thanks to  
community  
support.





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