



There is **NO** Health Without Mental Health

Is Your Work/School/Home Emotionally Safe?

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We often talk about keeping our homes and environment safe and healthy. It is easy to identify a person's basic needs: cleanliness, security, nutritious food, warm clothes, proper exercise, bedtime at a reasonable hour, etc. But often we neglect our emotional safety.

CAPP: Child Abuse Prevention Program

Compeer: A Mentoring & Wellness Program for People Experiencing Mental Illness

Good mental health allows children and adults to think clearly, develop socially and learn new skills. In addition, having good friends and hearing encouraging words are important for helping all people develop self-confidence, high self-esteem and a healthy emotional outlook on life. If every Work site/ School/ Home is totally safe, we would not have abused, bullied, or neglected children, youth and adults.

Mental Health Education

ParentTalk Newsletter

Parent Support/
Bridges Out of Poverty

Mental Health America of Licking County promotes the following checklist to help you think about whether your environment is emotionally safe. Have each person check each item that you **agree** with and then discuss the answers. Where there are disagreements or problems, let us know how we can help by calling 740-522-1341.

PAVE: Prevent Assault and Violence Education

IN MY WORK PLACE/ SCHOOL/ HOME, I:

Suicide Prevention Program

YES: Youth Engaged in Service

Support Services

- Depression and Bipolar Disorders
- Obsessive Compulsive Disorder
- Schizophrenics Anonymous
- Advocacy
- Survivors After Suicide
- Autism
- Peer Support

- feel accepted
- feel physically safe
- agree with the value system
- am not harshly judged
- share responsibilities
- feel appreciated
- can laugh and have fun
- can disagree with others
- believe rights and feeling are respected
- can express my anger
- know my strengths are recognized
- am really listened to
- can ask for help
- feel there is open communication
- have someone who believes in me
- feel reasonable limits are set for me

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Security and acceptance should be at the heart of your life. If you feel unsafe in your workplace, school or home, ask for help. Call MHA at 740-522-1341 or email at mhalc@alink.com.



We are an affiliate of Mental Health America and a partner agency of The United Way of Licking County and Mental Health & Recovery for Licking and Knox Counties Equal Opportunity Employer

