

# THE ADVOCATE



Proudly Serving Beaufort County

## Mental Health Awareness Month: Back to the Basics

May is mental health awareness month (MHAM). Started by Mental Health America in 1949, MHAM is dedicated to raising awareness about trauma and the impact it has on an individual's mental health.

Mental Health America's 2022 MHAM toolkit provides free, practical resources to introduce topics like recognizing warning signs, knowing the factors that can lead to mental health conditions, maintaining mental wellness, seeking help for mental health.

The toolkit is available now at:  
<https://www.mhanational.org/mental-health-month>

## App Spotlight: Silent Beacon

Silent Beacon allows individuals to feel safe by giving them the ability to send texts, notifications, emails, and phone calls to emergency contacts with a single touch. The app can also be set up to call 911/emergency responders and can also GPS track your location in real-time. It is a free on the Apple app store and the Google play store.

*Mental Health*  
**MATTERS**

The Link Between Mental Health and Domestic Violence:

- On average, more than half of the women seen in mental health settings are being or have been abused by an intimate partner.
- There are specific diagnoses that are commonly experienced by these women: post-traumatic stress disorder (PTSD), depression, and anxiety.
- Traumatic events produce profound and lasting changes in emotion, cognition, and memory.



Silent Beacon also offers a wearable panic button, which allows the individual to choose who they would like to contact during an emergency, that can be purchased from their website.

# OUT AND ABOUT

Ruth's House will be joining our partners with the Beaufort County System of Care throughout the month of May in spreading Mental Health Awareness at our local High Schools. Students will be provided with information and resources surrounding mental health. Local agencies will have tables set up during the student's lunch break where they will have the opportunity explore what mental health resources are available to them.

# EASTER "EGG"CITEMENT

I hopped by for some Easter fun!

Sorry I couldn't stay. I had to run!

In the yard you'll find a surprise - 24 eggs hidden in disguise.

Find them all and enjoy the treats- Each filled with HaPPy Easter sweets!

