

H.D. POPE FUNERAL HOME

Personal Service • Peace of Mind • Pleasant Memories



Risky Business

May is Mental Health Month

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. But people experience symptoms of mental illnesses differently and some engage in potentially risky behaviors to avoid or cover up symptoms of a potential mental health problem.

This year's theme for *May is Mental Health Month*—*Risky Business*—is a call to educate others about habits and behaviors that increase the risk of developing or exacerbating mental illnesses, *or could be signs of mental health problems themselves*. Activities like compulsive sex, recreational drug use, obsessive internet use, excessive spending, or disordered exercise patterns can all be behaviors that disrupt someone's mental health and potentially lead them down a path towards crisis.

May is Mental Health Month was started 68 years ago by Mental Health America, to raise awareness about mental health conditions and the importance of good mental health for everyone. Last year, Mental Health Month materials were seen and used by 22.3 million people, with more than 8,500 entities downloading MHA's toolkit.

MHA has developed a series of fact sheets (mentalhealthamerica.net/may) on specific behaviors and habits that may be a warning sign of something more, risk factors and signs of mental illness, and how and where to get help when needed. MHA has also created an interactive quiz at www.mentalhealthamerica.net/whatstoofar to learn from Americans when they think specific behaviors or habits go from being acceptable to unhealthy.

Prevention, early identification and intervention, and integrated services work to help reduce the burden of mental illness by identifying symptoms and warning signs early and

May

- 1 - May Day
- 5 - Cinco de Mayo
- 7 - Mother's Day
- 9 - National Teacher Day
- 29 - Memorial Day



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provide effective treatment.

The National Alliance on Mental Illness NC offers the following Educational Programs for those in need of assistance:

- **Family-to-Family** is a free, 12-week course taught by two trained volunteer teachers who themselves have a family member or loved one with a mental illness. In 2013, Family-to-Family was added to the Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-based Programs and Practices.
- **NAMI Basics** is a free, 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. In the NAMI Basics program you'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care.
- **NAMI Homefront** is a free, 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions. Based on the nationally recognized NAMI Family-to-Family program, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country.
- **NAMI Peer-to-Peer** is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery.
- **NAMI Smarts for Advocacy** is a series of three 1-2 hour workshops that help people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy.

NAMI support groups are available for our local area. To find out more information, visit https://naminc.org/directory/wpbdp_category/namiaffiliates/page/2/ or dial 1-800-451-9682 to access the hotline.

Sources: mentalhealthamerica.net, naminc.org

HCC'S BRICK BY BRICK CAMPAIGN

The Halifax Community College Foundation Inc. is offering a wonderful opportunity for you to support its students and show your commitment to educational excellence through its first-ever Brick-by-Brick Campaign: "Order Our Steps." Engraved bricks will be featured at the main entrance to The Centre—its premier multipurpose venue—and will be sold throughout the remainder of the year. Your brick will be visible for generations to come. Purchase of a brick is tax-deductible, according to applicable tax law. Proceeds will provide assistance to the Foundation to support scholarships, events, activities and operating expenses. To download and complete an order form, look for the brick image on the HD Pope Funeral Home website.



	NAME	DATE OF BIRTH	DATE OF DEATH
	William Watson	June 7, 1932	January 23, 2016
	Catherine Harrison	September 16, 1946	January 27, 2016
	Iola Johnson	October 15, 1926	January 30, 2016
	Cathy Wooten	January 25, 1957	February 8, 2016
	Joshua Outen	March 24, 1943	February 10, 2016
	Wallace Parham	July 11, 1928	February 15, 2016
	Elbert Barrett	January 1, 1940	February 16, 2016
	Jennie Odom	December 21, 1936	February 15, 2016
	Verdena Evans	November 2, 1965	February 25, 2016
	Horace Batchelor	September 17, 1946	March 17, 2016
Milton Barnes	June 2, 1936	March 21, 2016	