



May 2024

May is here, and we're so happy to feel the sun and the warmth finally hit West Michigan! There are many exciting opportunities to engage with the community through events and programs that we have going on at CMH this month.



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## Mental Health Awareness Fact

Anxiety can hurt your mental, emotional, and physical wellbeing. You're not alone in this struggle—globally, around 3.6% or 264 million individuals have an anxiety disorder.

Fortunately, on CredibleMind you can find resources and assessments to help ease anxiety, for more info click below:

[www.ottawacounty.crediblemind.com/topics/anxiety](http://www.ottawacounty.crediblemind.com/topics/anxiety)

Our next CMH Board of Directors Meeting is on **May 24, 2024** at **9am** at the **Fillmore Complex**, 12220 Fillmore St, West Olive, MI. For more information click [HERE](#).

## Community Health Fair

We have reached the month of the **Community Health Fair!** CMH of Ottawa County and our partner agencies are putting on the 3rd Annual Community Health Fair! Join us **May 16th from 3:30 to 5:30 PM** at Salvation Army in Holland - there will be resources, snacks, activities, community, and more.

For more information email: [cmhcustomerservices@miottawa.org](mailto:cmhcustomerservices@miottawa.org)

## Recipient Rights Refresher

Per policy, CMH staff must send recipients/parents/guardians a secure and encrypted email when protected health information and/or protected identifiable information is included. CMH will not make any exceptions.

If you have any questions or concerns about a Recipient Rights related issue, please contact:

**Briana Fowler**, Recipient Rights Officer  
**616-393-5763**  
[bfowler@miottawa.org](mailto:bfowler@miottawa.org)

Visit our website for information:

[www.miottawa.org/cmh](http://www.miottawa.org/cmh)



May 2024

## May Events

### Paint and Rest

May 2, 1-4pm  
 Holland CMH: Board Room

### Diabetes Workshop

May 6, 10-11am  
 Grand Haven CMH

### Nutrition Talk: Heart Health

May 7th, 11am-12pm  
 Momentum Center,  
 Grand Haven

### Building Healthy Relationships

May 8, 3-4:30pm  
 City on a Hill (Door B)

### Community Health Fair

May 16, 3:30-5:30pm  
 Salvation Army, Holland

### Self-Care Room

May 28, 1:30-4pm  
 Holland CMH: Board Room

Questions about any CMH events can be sent to: [rmata@miottawa.org](mailto:rmata@miottawa.org)

For a complete list of events, scan the QR code:



## Tobacco Cessation Courses

Starting **May 30th**, CMH will be hosting a **Weekly Tobacco Cessation Course**, Thursdays from 1pm to 2pm at our James Street location in Holland. The course will aim to help you quit tobacco use through group support, practicing changes in behavior, and identifying triggers. Pizza will be provided to participants in the course. *Open to all individuals ages 18 and up.*

## HELP TO QUIT TOBACCO

### Weekly Tobacco Cessation Course

Starting May 30th  
 Thursdays from 1:00pm-2:00pm  
 Community Mental Health of Ottawa County  
 12265 James Street, Holland 49423

- Group Support
- Practice Changing Behavior
- Identify Triggers
- Live a Healthier Life

Register by scanning QR code or visit:

<https://tinyurl.com/5dmedmax>



**\*\*EARN A \$10 GIFT CARD FOR EVERY TWO CLASSES YOU ATTEND WITHIN 6 WEEKS OF EACH OTHER. MUST BE 18 YEARS OF AGE OR OLDER TO PARTICIPATE.**

Scan the QR Code to register or email:  
[sudservices@miottawa.org](mailto:sudservices@miottawa.org)

## CredibleMind Update

Last quarter, the site had:

568 users who logged 653 sessions



35 assessments were taken



Visit [www.ottawacounty.crediblemind](http://www.ottawacounty.crediblemind)

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