FULTON COUNTY
HEALTH DEPARTMENT

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4 Your Mental Health
Improving Mental Health Across Four Counties

Wauseon, OH –When we think of being healthy, we often think about our bodies being in shape, eating the right foods, and going to the doctor. Many people don't think about their mental health. Mental health is just as important as your physical health. According to the World Health Organization, mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community." Mental health is more than the absence of a mental disorder. It's about knowing how to cope with stressful situations and achieving balance in your life.

In an effort to raise awareness and improve mental health, the Four County Alcohol, Drug Addiction, and Mental health services, (ADAMhs) Board has awarded the four county area health departments, Defiance, Fulton, Henry, and Williams counties $250,000 to implement a mental wellness communications campaign. This funding will be utilized in the four county area to increase the community's understanding of what mental health means, how to be mentally well, and how to maintain that wellness.

The four county area health departments have begun a mass media campaign utilizing various sources of advertising to promote mental health messages across the four county area including social media campaigns, billboards, radio, movie theaters, and print advertising, such as newspapers. The campaign will focus on simple ways you can improve your mental wellness every day. For example, not only is exercise good for your body but it is also good for your mind. Physical activity releases endorphins, or hormones, that make the body and mind feel good. It can also provide some stress release. You may have already seen or heard some of these helpful hints on a billboard or on the radio.

For more information about the project or to find more tips to improve your mental wellness, search the hashtag #4YourMentalHealth on social media. You can also visit http://fourcountyadamhs.com/ for mental health services in Defiance, Fulton, Henry and Williams counties.

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