



WILCOX COUNTY COMMUNITY IN ACTION

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<https://blackbeltcommunitiesinaction.org>



**Be Smart. Be Sober. Be Safe.
Travel Alcohol & Drug Free!**

Public Messages

Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental illness. During May, National Alliance on Mental Health (NAMI) joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

For 2022's Mental Health Awareness Month, NAMI will amplify the message of "Together for Mental Health." We will use this time to bring our voices together to advocate for mental health and access to care through NAMI's blog, personal stories, videos, digital toolkits, social media engagements and national events. <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

CALENDAR OF EVENTS

May 2, 2022

City Council Meeting
Camden, AL
6:00 p.m.

May 5, 2022

National Day of Prayer
Pine Hill, AL
12:00 p.m.

May 7, 2022

Boykin May Day
Gees Bend, AL
10:00 a.m.

May 7, 2022

Westgate May Day
Westgate Park
Camden, AL
11:00 a.m.

May 9, 2022

City Council Meeting
Pine Hill, AL
5:30 p.m.

May 10, 2022

Wilcox County Community
Coalition Meeting
Virtual-12:00 p.m.

May 10, 2022

Communities of
Transformation Meeting
Pine Hill UMC
6:00 p.m.

May 10, 2022

H.E.A.L.I.N.G Meeting
Hope Center
Camden, AL
6:00 p.m.

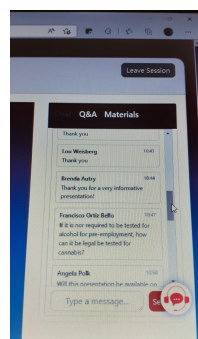
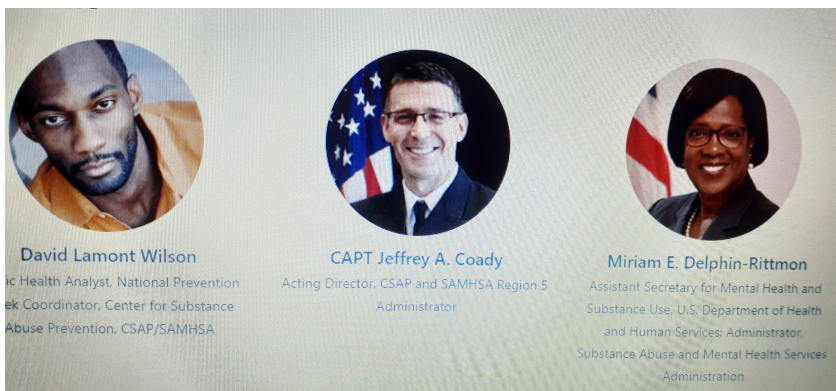
May 11, 2022

Wilcox County Board of
Education
Virtual – 5:00 p.m.

INFORMATION DISSEMINATION



The Prevention Coalition Coordinator participated in the virtual 18th Annual SAMHSA Prevention Day. The day began with an Opening plenary in which the National drug Control strategy and Prevention Principles were discussed in detail. Topics such as, preventing substance use among school-aged children is effective, preventing substance use among young adults promotes overall health, and preventing youth substance use requires community-level interventions. There were three tracks presented throughout the day. I learned ways to involve communities in raising awareness of substance use issues, how to implement prevention strategies, and showcase the effectiveness of evidence-based/data-driven prevention programs, foster partnerships and collaborations with agencies and organizations dedicated to improving public health; and strategies to promote and disseminate quality substance use prevention resources and publications. If you would like additional information, click the link: <https://www.samsha.gov/prevention-week>



May 12, 2022

Wilcox County Chamber Meeting
12:00 p.m.

May 14, 2022

May Day
Annemarie, AL
10:00 a.m.

May 17, 2022

Parent Night Out
Talk They Hear You Campaign
Lily Baptist Community Center
5:30 p.m.

May 18, 2022

Pine Hill Mission & Foodbank
Food Distribution
Pine Hill, AL
11:00 a.m.

May 19, 2022

Wilcox Academy Graduation
Camden, AL
8:00 p.m.

May 21, 2022

MayDay
Alberta, AL
10:00 a.m.

May 24, 2022

Election Day

May 25, 2022

May 27, 2022

Wilcox Central High School
Senior Graduation
6:00 p.m.

May 28, 2022

May Day
Flatwood, AL
10:00 a.m.

May 30, 2022

Memorial Day

MAY IS MENTAL HEALTH AWARENESS MONTH

Mental Health is essential for a person's overall health. This month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, to celebrate recovery from mental illness and to help reduce the stigma so many experiences.

The green ribbon used to represent mental health is the international symbol for mental health awareness. This month, wear a green ribbon to show colleagues, loved ones or simply those you walk past that you care about their mental health. It can also be worn in memory of a loved one.

If you are concerned about your mental health, ask yourself these questions

- Have I been getting quality sleep with regular bedtimes and getting up times?
- Have I been isolating myself from others at work, friends, or family?
- Do I have more worries or anxiety than usual?
- Have I lost interest in activities and pursuits that usually held my attention?

After honestly answering these questions, and if not ok, reach out for help. Finding the right therapist can take some time. Do not wait to get on the road to mental wellness/ Seek support as soon as possible.

This is also a good time to look at your boundaries. Do you often agree to things when you want to say no? do you surround yourself with toxic people? Take a moment to prioritize your desires and values and hold those strong in your interpersonal relationships and throughout your life.

If you feel overwhelmed, consider taking a break. Perhaps you need a vacation from your surroundings. Maybe you need to take a few mental health days off from work or school. Make time to rest and rejuvenate so that you do not slip into a rut.

Many people with mental health disorders feel isolated. They may think that no one understands them. They may have a diagnosis but be frustrated because their loved ones do not really know what they are going through.

If you have experienced mental health issues, consider sharing them in a safe environment. Even sharing a post on social media that experiences something that you are struggling with could make someone else feel supported.

Sharing your story shows others that it is possible to manage a mental health condition. It also encourages others to talk openly about their battles. The more awareness that we can raise during this month, the more we can influence our society to make mental health a priority.

Remember! "Your Mental Health is a priority. Your happiness is an essential. Your self-care is a necessity."

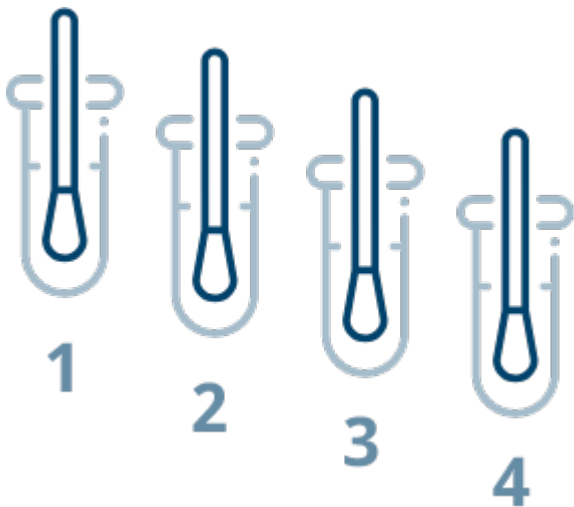
Submitted by
Evelyn N. Hudson
Mental Health Coordinator
Wilcox County School System

COMMUNITY-BASED PROCESSES

Get free at-home COVID-19 tests

<https://www.covid.gov/tests>

Every home in the U.S. is eligible to order a 3rd round of free at-home tests. Order yours today.



ABOUT THE AT-HOME COVID-19 TESTS

The tests available for order:

- Are rapid antigen at-home tests, not PCR
- Can be taken anywhere
- Give results within 30 minutes (no lab drop-off required)
- Work whether or not you have COVID-19 symptoms
- Work whether or not you are up to date on your COVID-19 vaccines
- Are also referred to as self-tests or over-the-counter (OTC) tests

[Read more frequently asked questions](#)