



South County Healthy Bodies, Healthy Minds
14 Woodruff Avenue, Suite 9 • (401) 788-2347 • bodiesminds.org

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Five compelling activities remain in May for Mental Health Month in South County *Understanding suicide prevention, drug addiction, diagnoses*

Organizations throughout South County are presenting compelling (and free) activities in South County during the rest of May to observe Mental Health Month.

“It’s testimony that people are taking mental health issues seriously,” stated Susan Orban, Director of South County Healthy Bodies, Healthy Minds. Its goal, Orban said, is to foster healthier lifestyles among all the residents of South County, starting with childhood obesity and mental health. Rhode Island’s Department of Health designated Healthy Bodies, Healthy Minds as South County’s HEZ (Health Equity Zone).

The five programs include:

1. On Thursday, May 18 at 7 pm, Dr. Robert Harrison of Westerly Hospital and other experts will review the issues of suicide, bullying, sexual assault, and domestic violence raised by the book and TV series “13 Reasons Why”. Parents and others who work with teens should find this conversation particularly useful. At Westerly Hospital’s Nardone Center.
2. Wellness in the Park will take place on Saturday, May 20 in Wilcox Park, Westerly from 10 am-12 noon. Sponsored by the Coastal Wellness Collective (www.coastalwellnesscollective.com), the morning promises mental health and wellness activities for all ages. Contact Marian Faller at (401) 596-8800.
3. On Monday, May 22, the 5th Annual Chariho Better Health Forum will address current drug use, personal stories of addiction and recovery, the relationship of substance use to mental health issues, and how parents can recognize signs of drug use. The event takes place at the Chariho Career and Tech Center in Wood River Junction. For more information: www.CharihoTaskForce.com.

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4. On Tuesday, May 23, South County Health is sponsoring a film screening and conversation of “Beyond Silence”. The evening explores the experiences of three people who have spoken up about their lives with bipolar disorder, schizophrenia, depression, and anxiety. The free program runs from 6-8:30 pm at the Peace Dale Congregational Church in South Kingstown. Register by calling (401) 788-1937 or at southcountyhealth.org.
5. On Wednesday, May 31, people are invited to take a 90-minute training that could save the life of a loved one. “QPR” (Question, Persuade, Refer) is a proven suicide-prevention training, even more important considering that Washington County has the highest suicide rate in Rhode Island (74 suicides between 2010-2014). The free training will take place at Westerly Hospital’s Nardone Conference Center from 6:30-8 pm. Please register by contacting Dawn Odom at (401) 348-3425 or dodom@westerlyhospital.org.

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