



Vol. 2, No. 3, August - October 2019

Meridian's Client Newsletter

#KindnessMatters2019 | World Mental Health Day - October 10th!

World Mental Health Day, October 10th, is an opportunity to raise awareness of mental health issues and to mobilize efforts in support of mental health awareness and advocacy!

Close to 800,000 people take their own life and there are many more people who attempt suicide each year. Every suicide is a tragedy that affects families, communities, and entire countries creating life long effects on the people left behind. Suicide is the second leading cause of death among 15-29 year-olds globally so this year, World Mental Health Day's theme is suicide prevention.

What are we doing locally to help raise awareness? Gainesville's inaugural Kindness Matters event to support World Mental Health Day!

Take a moment on October 10th to **do something kind for another person**. One act of kindness not only can transform the life of another person, but can also help the person performing the act too!

Share your kindness plan in advance on our Facebook event page and enjoy seeing what others plan to do! Help spread the word by sharing your kindness plan with others, sharing the event, and using the #KindnessMatters2019 with your social media posts!

Together we can raise awareness about mental health issues and the support available in the community we all call home!

Make sure to check out our FREE dog wash at Squirrel Ridge Park (next to Meridian in Gainesville) from 4PM - 7PM on Wednesday, October 9th!

Group Therapy: Working Together is Rewarding!

Here at Meridian, we offer a variety of services that will benefit you beginning with Group Therapy. Our goal is to give you the skills and support you need to face any issue and group therapy is one of the best ways to learn those skills. While it is common that people are resistant to the idea of groups, they almost always are surprised at how helpful and rewarding group therapy is. Group therapy will help you realize that you are not alone in facing your difficulties and can help you keep your problems in perspective.

Groups are wonderful for:

- Providing an External support system.
- Gaining skills to improve the quality of your life.
- Gaining the confidence to resolve conflicts and life challenges.
- Promoting social skills and building positive supports.
- Helping you explore yourself and establish healthy boundaries.
- Receiving feedback from others in a supportive and safe environment.
- Sharing successes and challenges with others who face similar problems.

Group leaders are trained to help the group develop an environment that facilitates personal growth. Among the groups currently offered at all Meridian locations are Feeling Good (dealing with depression), Mood Management, Stress Management, and Anger Management. Group therapy can help you get past your past and build a better future for yourself and your loved ones.





Health & Nutrition

Have Fun Eating Healthy!

Replace This:

- 1. Mayonnaise
- 2. Cereal
- 3. Butter
- 4. Potato Chips
- 5. Bread

Try That:

1. Greek Yogurt (similar to Mayo)
2. Oatmeal (Top with Fruit)
3. Avocado (Try it in brownies)
4. Popcorn
5. Romaine lettuce (great on a sandwich)

Drug Free Ways to Ease Chronic Pain

Here are some drug free ways to ease chronic pain:

- *Massages *Holding A baby
- *Yoga *Meditation
- *Focus on your breathing



Activity Corner

Meridian's Vision and Values



A	N	T	T	A	P	W	W	B	Z	P	D	K	B	R
J	X	P	U	X	S	D	E	Z	D	G	M	K	T	N
P	K	K	A	J	S	N	P	U	S	R	E	S	G	O
X	H	Q	Z	O	E	D	V	U	G	E	S	R	R	I
Y	S	I	F	O	N	L	Y	I	U	S	G	T	O	T
N	U	D	S	J	L	W	N	E	W	P	R	N	W	A
T	P	G	E	L	L	T	T	N	K	E	X	E	T	R
Q	P	M	T	S	E	P	O	H	H	C	Y	M	H	O
O	O	E	U	G	W	S	S	W	I	T	F	T	H	B
L	R	R	R	L	T	P	Q	S	C	M	Z	A	Z	A
J	T	I	Y	F	T	K	T	H	T	L	A	E	H	L
E	T	D	D	I	L	D	N	H	L	E	J	R	U	L
Y	W	I	Y	R	E	V	O	C	E	R	J	T	I	O
Z	D	A	W	N	D	T	Y	J	K	D	J	M	C	C
I	N	N	E	O	R	N	S	H	S	K	C	Y	V	O

HOPE
RECOVERY
WELLNESS
TREATMENT
MERIDIAN
HEALTH
SUPPORT
RESPECT
INTEGRITY
GROWTH
COLLABORATION

Meridian's Vision:

Hope, recovery, and wellness are within everyone's reach!

In The Community

September:

National Recovery Month

Step To Wellness Luncheon

- ♦ September 5th
- ♦ 11AM – 1PM
- ♦ Hotel Indigo in Celebration Pointe
- ♦ Buy your ticket at www.buytickets.at/meridian



NAMI Family Support Meeting

- ♦ Sept. 9th
- ♦ 7PM – 9PM
- ♦ United Church of Gainesville

October:

Kindness Matters 2019

- ♦ October 10th
- ♦ 7AM - 10PM
- ♦ Get out there and do something kind for another person!

MidiCi Night for Meridian!

- ♦ October 21st
- ♦ 5PM – 9PM
- ♦ MidiCi The Neapolitan Pizza Company in Celebration Pointe
- ♦ 25% of the proceeds are being donated back to Meridian!



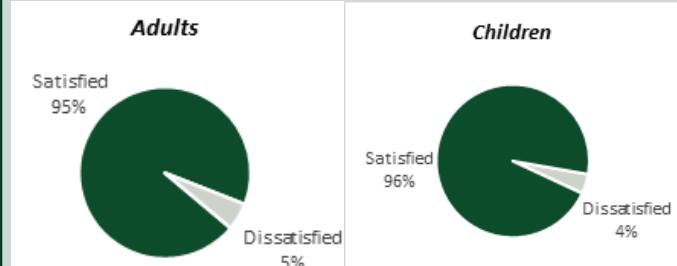
MidiCi
The Neapolitan Pizza Company

How Are We Doing?

Overall Client Satisfaction

July 1, 2018 through June 30, 2019

Your feedback is important to us!



IMPORTANT!

WellFlorida is working with LSF Health Systems to complete a Behavioral Health Needs Assessment!

Links to all three surveys are on the WellFlorida Survey page:

www.wellflorida.org/surveys

Make sure to fill yours out today!

***We hope you enjoyed this edition of our newsletter. We welcome feedback and/or suggestions for additional topics to make sure we continue to provide you with useful information centered around your needs. Please contact us with any questions, comments, ideas, or concerns at feedback@MBHCI.org or (352) 374-5600 extension 8183.

Thank you and we'll see you next issue!