

# Mental Health

## awareness month

Each year millions of Americans face the reality of living with a mental illness. We believe that mental health conditions are important to discuss year-round, but highlighting them during the [Mental Health Awareness Month](#) provides a dedicated time for mental health advocates across the country to come together as one unified voice. [Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness & their families.](#)

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Changes in sleeping or eating habits
- Inability to perceive changes in one's own feelings, behavior or personality
- Multiple physical ailments without obvious causes
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress

*Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step. Call our therapists today!*



## 2021 membership meeting

Wednesday May 26, 2021  
5:00 PM

### AGENDA:

- Quality - Patient Centered Medical Home Recognition
- Satellite Dental & Mobile Dental
- Future Facility Improvement Projects
- Impact of COVID & Pharmacy Transitions
- Behavioral Health - EMDR
- Fortuna Acupuncture
- Operational & Financial Overview

**Zoom Meeting ID: 898 5246 3508**

**Passcode: 040926**

**Dial in: +1 669 900 9128 US (San Jose)**

### Link:

<https://us02web.zoom.us/j/89852463508?pwd=RlVqbnpPTm0wMmkrVGdQTllrV3pjQT09>



## NEWSLETTER OF REDWOODS RURAL HEALTH CENTER

Family Health Care

MAY 2021

### MISSION & VISION & VALUES

- *The purpose of Redwoods Rural Health Center is to provide responsive, preventive, high quality primary health care services, through a variety of healing disciplines, to all people without regard to social or economic status.*
- *We emphasize the client's right and responsibility to participate in his or her own health care decisions.*
- *It is our hope that the clinic be a place where the needs of the whole person are met - body, mind and spirit.*

## long-time local providers return to

# FIGHT COVID-19

Redwoods Rural Health Center welcomes back two retired Family Nurse Practitioners, **Juliet Hegdal** and **Maryanne Riley**, to assist with COVID-19 vaccination efforts.

"These team members are invaluable. We could not have maintained our COVID vaccine program without their assistance", shares Tina Tvedt Schaible, our Executive Director. Thanks to the contributions of these retired nurses, we are able to administer up to 150 life-saving COVID-19 vaccines per week.

According to a recent update from the Humboldt County Public Health Branch, a more contagious and deadly strain of COVID-19 (B.1.1.7 variant) is now widespread in Humboldt. We urge you to continue to take steps to prevent the spread of the disease – wear masks, social distance, wash your hands often, and get vaccinated. **Together, we can combat this virus and save lives.**



*RRHC Vaccine Clinic in Redway  
Mondays & Wednesdays*

*Call 707-923-2783 to schedule!*

common SIGNS