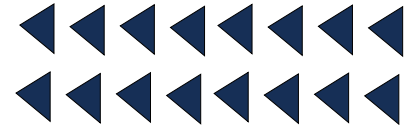


# COSHOCTON PUBLIC HEALTH DISTRICT NEWSLETTER



## May is Mental Health Awareness Month



A time to start conversations, reduce stigma, and remind one another that mental health is just as important as physical health. Across the United States, nearly 1 in 5 adults live with a mental health condition, and here in Coshocton County, we know stress, anxiety, and depression touch many families. These challenges can affect work, relationships, school, and even physical health—but with support, recovery is possible. The truth is, mental health conditions are common, and they're treatable. Just like you'd see a doctor for a broken bone or high blood pressure, reaching out for help with mental health is a sign of strength, not weakness.

This month, we encourage you to take small steps for your mental well-being:

- Check in with yourself—pause and notice how you're feeling.
- Stay connected—reach out to friends, family, or support groups.
- Be active—movement, even a daily walk, can reduce stress and boost mood.
- Rest well—quality sleep makes a big difference in how we cope.
- Seek help when needed—whether it's a counselor, doctor, or local support program, resources are available.

We also want to remind everyone—if you or someone you know is in crisis, help is just three digits away. Call or text 988, the Suicide & Crisis Lifeline, anytime, day or night.

This May, let's come together as a community to support mental health. When we talk openly, offer compassion, and encourage one another to seek care, we make Coshocton County a stronger, healthier place for all.



**MORE GOOD DAYS** *together*

**Good days look different for everyone.**

A "good day" might be calm, manageable, or something else.

**Only you can define what a good day looks like to you.**

*Find free tools and ways to get involved during Mental Health Month at [mhanational.org/may](http://mhanational.org/may)*

### Sewage Inspections

A 12 month sewage inspection was performed on a system located on CR 436. Effluent filters are checked as well as distribution boxes. Homeowner education is provided on site if the individuals are available. 12-month inspections are required by ODH to be performed 1 year after a new system is installed.



Pictured: EH-SIT  
Olivia Elson

# Colorectal Screening Grant Received



CPHD Adult Health Clinic received the Guardant Shield Colorectal Cancer Screening Grant, which supplied Shield screening kits and testing free of charge to individuals 45 yrs. and older with average risk. CPHD worked collaboratively with CRMC to offer the screenings during the Health, Safety, and Wellness Expo. CPHD Nursing Staff followed up on all test results and made referrals for further diagnostic evaluation for positive test results, under the direction of Dr Virostko. 33 screenings total were performed.



## WIC Awarded Community Partnership Grant

The Community Partnership Collaborative (CPC) is a grant for up to 5,000 dollars, to be used by August 2026, with the goal to increase access and continuity of care while promoting breastfeeding. As a recipient of this funding, I am very fortunate to be able to implement ideas I've had to make Coshocton County more breastfeeding friendly. Through this grant, I am able to have more opportunities to partner with other local business to help promote CPC's goal and reduce the stigma of breastfeeding where I live. I hope that local breastfeeding mothers will be impacted by some of the projects I am working on and feel better about breastfeeding in our community."



Kristin Lawrence, CLC,  
Breastfeeding Peer

## National Women's Health Week 2026, May 10-16

Here are a few simple but powerful steps every woman can take:

- Schedule your check-ups and screenings: Routine exams, Pap smears, mammograms, blood pressure checks, and cholesterol screenings are lifesaving tools.
- Protect your heart: Heart disease is the leading cause of death among women. Eating balanced meals, staying active, and not smoking reduce your risk.
- Care for your mental health: Stress, anxiety, and depression are common—but treatable. Taking time for rest, talking with friends, or seeking professional help makes a difference.
- Prioritize movement and nutrition: Even 30 minutes of walking a day lowers risk for chronic conditions, and simple, balanced meals fuel your body.
- Don't skip sleep: Women often sacrifice rest, but quality sleep is vital for mood, energy, and long-term health.

