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National Crisis Text Line

Since the National [Crisis Text Line](#) launched 5 years ago, more than 88 million text messages have been exchanged. The free, 24/7 service is the only national crisis hotline to conduct the majority of its communication via text messages.

When anyone in the United States texts the numbers 741-741, they are connected to real-life crisis counselors trained to support and validate those who are struggling and reaching out. Use link for more information on the [Crisis Text Line](#).



Mental Health First Aid (MHFA), the eight-hour certification program offered in Chester County since 2014, continues to grow and gain acclaim across the country. Some of the program's national achievements were reported by the National Council on Mental Health last month. As of November, 2018, there were 1,496,349 certified Mental Health First Aiders across the USA, and 15,570 certified instructors. If you would like to join this growing movement, check the [Chester County Mental Health website](#) for information on upcoming classes.

On Thursday, January 18, the National Council on Mental Health invites the public to join the #BeTheDifference Twitter chat about how to incorporate mental health into your New Year's resolutions. More information on this and other resources at the [MHFA website](#).

Are you a Mental Health First Aider? Find out about the [YMHFA celebration](#) with acclaimed national speaker, Kevin Hines on January 24, sponsored by the Brandywine Health Foundation.

Chester County/Main Line CHADD
(Children and Adults with Attention Deficit-Hyperactivity Disorder)
in collaboration with the Delaware Valley Friends School to host film screening

Join us for a special screening of

SCREEN AGERS



GROWING UP IN THE DIGITAL AGE
Co-sponsored by Main Line/Chester County CHADD and
Delaware Valley Friends School
Thursday, February 21st | 7-9 PM
19 E. Central Ave., Paoli
FREE EVENT | REGISTRATION REQUIRED | www.dvfs.org/speaker
screenagersmovie.com

  

The average kid spends 6.5 hours a day looking at screens. What's the impact?

Screenagers explores struggles over social media, video games, academics and internet addiction. Through poignant and unexpectedly funny stories, along with insights from authors, psychologists and brain scientists, this film shows how tech time impacts youth development and offers solutions on how adults can empower kids to best navigate the digital age.

Admission is free, but registration is required. [Use this link](#) to register and to find out more about the film.

[Click here to visit the CHADD website](#) and find out about other local events.



Seasonal Affective Disorder

Triggered by changing seasons, Seasonal Affective Disorder (SAD) is much more complex than simply having a case of the "winter blues." A type of depression that generally begins in the late fall and early winter, it has, in about 10% of those diagnosed, been linked to depressive episodes in the summer.

According to the National Institutes of Health, SAD has many of the same signs and symptoms of major depressive disorder and may be present 40% of the year. However, 30 to 50% of those with SAD do not show symptoms of the disorder in consecutive winters.

The condition is diagnosed in women four times more than men, and those who have a family history of SAD are at a higher risk of developing the condition. There are many treatment options, however. From medication and talk therapy, to light therapy and vitamin D. Find out more at the [National Institutes on Health library](#).



Places to Go & Things to Do in Southeastern Pennsylvania *A New Handbook for Families from Vision for Equality ~*

Find out about opportunities for community inclusion for people in the intellectual disability and autism communities. [Click here](#) to find out more about this important resource!

CODE BLUE

Code Blue can help individuals left out in the cold.

Chester County has Code Blue resources, including day and overnight shelters and places to get hot meals. Find out more about these potentially life-saving resources located throughout the county. [Click here.](#)



Check out our calendar of monthly meetings and support groups [here](#).

Contact us if you have additions!

More Resources, Events & Classes

[Accessing the Adult Serving Systems](#) in Chester County is a free 4-hour training offered on Jan.16. Registration required by Jan. 9.

[This is My Brave](#) - an organization with a mission to tell individual personal stories to help eliminate the stigma around mental health.



[The National Alliance on Mental Illness](#) - The national website has resources and information for individuals and families.

[HELP WANTED](#) - Voice & Vision, Inc. is seeking an outreach and education person for Chester County.

[Chester County Refer web](#) - a user-friendly database for social services information.



**Chester County Department of Mental Health /
Intellectual and Developmental Disabilities**
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www.chesco.org/mhidd

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Deputy Administrator: Candy Craig