

ThinkHealth 3.0 Release Coming SOON!

The much-anticipated rollout of ThinkHealth version 3.0 is just around the corner! There is a sneak peak webinar May 3rd from 10:00am-11:00am. We hope you can attend.

We can't wait to show you the new and improved ThinkHealth! You're going to love it.

We're going to showcase ThinkHealth 3.0 at the Children's Behavioral Health Conference in Norman, May 14th-16th. Stop by our booth to check it out! We're very excited to show it off!

[Register for the webinar](#)

Mental Health Month

Since 1949, Mental Health America and our affiliates across the country have led the observance of May is Mental Health Month by reaching millions of people through the media, local events and screenings. We welcome other organizations to join us in spreading the word that mental health is something everyone should care about by using the May is Mental Health Month toolkit materials and conducting awareness activities.

[More Information](#)

6 Ways to Boost Mental Health and General Wellness

I always felt like I was the only one who was an [anxious](#) mess inside, that everyone else around me knew how to feel comfortable, were proud of who they were, and lived struggle free. The feeling of not fitting in drove me to look for solutions that led me down some pretty dark paths... I now know that I was wrong the whole time - everyone has an internal struggle and most never reveal it for [fear](#) that, they too, are alone in their pain...

[More Information](#)



2019 Children's Behavioral Health Conference

Connecting the Dots

May 14th - 16th

Embassy Suites Norman



We can't wait to see you at the conference!

Please stop by the OrionNet booth and check out ThinkHealth 3.0! You're going to love it!!!!!!

The 20 Best Apps to Help Your Mental Health in 2019

Overcoming any mental illness is a daunting journey, but mental health apps can help guide users towards meaningful change. Licensed social workers, therapists, psychologists, and psychiatrists are irreplaceable for many of those suffering from a mental health issue, but unfortunately, that cavalcade of healthcare professionals aren't available or accessible to everyone. Even after overcoming social stigma, seeking in-person treatment requires a surprising amount of time just finding the right professional to see, not to mention some scheduling flexibility and a good deal of money. In-person therapy often costs hundreds of dollars per session, and finding the right time slot to fit your already hectic life is a non-trivial for some. That's where the best mental health apps slide into your pocket.

[More Information](#)

Team sports are the best exercise for better mental health, study suggests

LAS VEGAS (KSNV) — It has been accepted for some time that exercise is related in a positive way to a person's mental health, but some mystery remains as to the details of this association. One study published in The Lancet looked to form a better understanding of how exercise affects mental health by looking at data from over 1.2 million people from 2011, 2013 and 2015 in the U.S. Researchers cross-referenced those who reported bad mental health with those who exercised and those who did not. They then balanced the two groups in terms of age race, gender, marital status, previous diagnosis of depression and self-reported physical health along with other categories. Researchers also looked at the effects of different types of exercise as well as the duration, frequency and intensity of exercises.

[More Information](#)

University student creates first aid kit for mental health



Tina Chan developed the PASS Kit after experiencing anxiety and depression while at college. The University of Waterloo in Canada now provides a kit to all first-year students.

MARK YOUR CALENDAR

May 2&3
Addiction Severity Index
[Tulsa OK](#)

May 5
Cinco de Mayo
[National Calendar](#)

May 6
Therapeutic Options Train the Trainer Recertification
[OKC,OK](#)

May 9
IPS 101 Training
[OKC,OK](#)

May 12
Mother's Day
[National Calendar](#)

May 14-16
2019 Children's Behavioral Health Conference
[Norman OK](#)

May 16
Mental Health First Aid Adults
[OKC,OK](#)

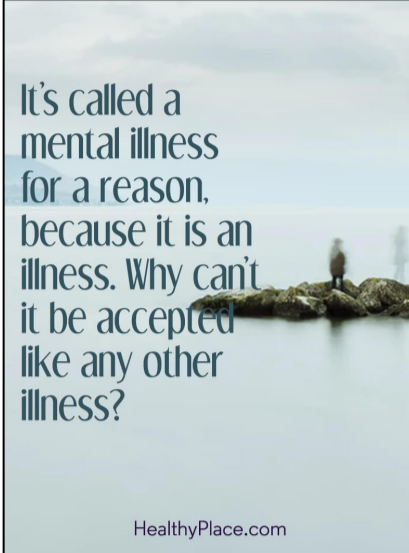
May 22
Tobacco Free Support Group Facilitation
[OKC,OK](#)

May 22
Emergency Medical Services for Children Day
[National Calendar](#)

May 27
Memorial Day
[National Calendar](#)

May 29
National Senior Health & Fitness Day
[National Calendar](#)

May 30
Mental Health First Aid Youth
[OKC,OK](#)



HealthyPlace.com

MAY is...

- [National Mental Health Awareness Month](#)
- [National Stroke Awareness Month](#)
- [National Small Business Week May 5-11](#)
- [Teacher Appreciation Week May 6-10](#)
- [National Emergency Medical Services Week May 19-25](#)

5th ANNUAL GENDER DIVERSE & 2T-LGBTQ SYMPOSIUM
"Total Wellness for Diverse Communities"
May 17th & 18th
[More Information](#)



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