

February NEWS 2022

A report on events affecting behavioral health and substance abuse providers



Mark Your Calendar

February

Black History Month

February 14

Valentine's Day

February 18

National Caregivers Day

February 22

Presidents' day

February 24

Mental Health First Aid Adults

Make use of Client Portal

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NEWSLETTER HIGHLIGHTS

New program helps young mothers struggling with addiction, mental health

Mental Health Education in Schools

Study Finds 65% Of Americans With Mental Health Conditions Want Access To Psychedelics

How Exercise May Tame Our Anxiety

More people seeking mental health services during pandemic, rise in community violence

How to remain youthful and resilient despite stress

By Jolanta Burke

A bit of stress can be good for your mental and physical wellbeing, but too much can lead to anxiety, depression and other health problems. It can also make you age faster. So learning to become more stress-resilient is important if you're not in a hurry to grow old fast.

Studies have shown that people who aren't good at managing their stress can increase their risk of dying prematurely by 43%. The increase in deaths might in part be due to the effect stress has on DNA.



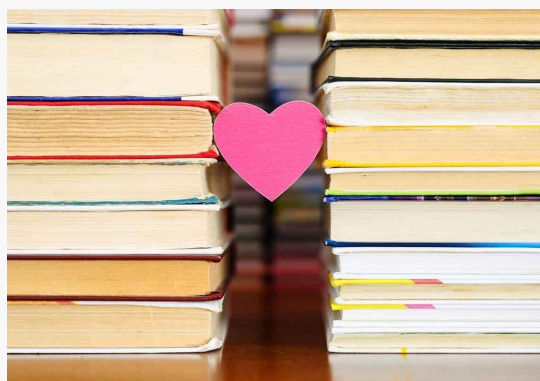
Here are five mental health tips to help you tackle 2022

by Ada Tseng

Learning to prioritize and manage your mental well-being — especially when the trauma is real and being anxious makes sense — is a process that requires patience. The Los Angeles Times' Utility Journalism Team has been breaking down the basics of mental healthcare for those who have found the courage to seek help but may not realize what their options are.

There are many oft-cited recommendations for improving your mood, including exercising, maintaining a healthy diet, getting enough sleep and meditating. But different people have different socioeconomic and environmental stressors — and it's often beneficial to connect with people who relate to your particular struggles and can share coping strategies that have worked for them.

Here are some of the insights we've gained from covering mental health over the last year.



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