

→ WHERE TO START ←

# May is Mental Health Month

This Month, Promote Mental Wellness  
and Prevent Problem Gambling  
and Substance Misuse

## May 2024

**An Awareness Toolkit for Community  
Health Organizations, Providers,  
and Preventionists**



UNIVERSITY *of* MARYLAND  
SCHOOL OF MEDICINE

The Maryland Center *of* Excellence  
*on* Problem Gambling

To print: this guide was designed to be printed double sided, long edge.

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## INTRODUCTION & OVERVIEW

This May, in collaboration with the Maryland Association of Prevention Professionals & Advocates (MAPPA), the Maryland Center of Excellence on Problem Gambling (the Center) invites you to join us in promoting **Mental Health Awareness Month**. With mental health entering more and more of our daily conversations, it's critical that everyone has a solid foundation of knowledge about mental health. That's why for Mental Health Month this year we are Taking time to Look Around and Look Within.

Mental Health Month began in 1949 to raise awareness of mental health concerns in America's communities. This awareness campaign was, and continues to be, promoted by Mental Health America (MHA), the Nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness, as well as other affiliates, such as the National Alliance on Mental Illness (NAMI) and the federal Substance Abuse and Mental Health Services Administration (SAMHSA).

May is also **National Prevention Week**, this year being observed May 12-18, 2024. Promoted by MAPPA and the federal Substance Abuse and Mental Health Services Administration (SAMHSA), National Prevention Week is a national public education platform showcasing the work of communities and

organizations across the country dedicated to raising awareness about the importance of substance misuse prevention and positive mental health. For more information on National Prevention Week check out go to: <https://www.samhsa.gov/prevention-week>



This May, we invite you to join us in promoting **AWARENESS** of mental health; developing **PREVENTION** messaging to mitigate addictive behavior; and take some time to look around, look within to foster the health and well-being for yourself and all Maryland residents.

Mary Drexler, MSW  
Program Director  
(667) 214-2121  
mdrexler@som.umaryland.edu

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MAPPA President  
(240) 832-3871  
marylandprevention@gmail.com

### ACKNOWLEDGMENTS

This Guide is a compilation of information provided by the Maryland Association of Prevention Professionals and Advocates (MAPPA), Mental Health America (MHA), federal Substance Abuse and Mental Health Services Administration (SAMHSA), the National Alliance on Mental Illness (NAMI), the National Council on Problem Gambling (NCPG), and the Maryland Center of Excellence on Problem Gambling (The Center).

**Maryland Center of Excellence on Problem Gambling**

250 W. Pratt Street, Suite #1050, Baltimore MD 21201 ~ 667-214-2120

**HELPLINE: 1-800-GAMBLER** ~ [www.mdproblemgambling.com](http://www.mdproblemgambling.com) ~ [helpmygamblingproblem.org](http://helpmygamblingproblem.org)

## MENTAL HEALTH AWARENESS

### WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

### TOOLS FOR GOOD MENTAL HEALTH AND RECOVERY FOR YOUR COMMUNITY MEMBERS:

- **Refer to Your Local Health Department and Mental Health Agencies** – These organizations provide additional resources and help within their specified counties/jurisdictions.
- **If you are concerned about problem gambling, promote screening at:**  
<https://helpmygamblingproblem.org/gambling-problems/self-assessment/>
- **Mental Health Screening – completing a screening at:** [mhascreening.org](https://mhascreening.org) It can help you to better understand what you are experiencing and give you helpful resources. After that, consider talking to someone you trust about your results. Seek out a professional to get the support you need.
- **Have the Conversation with “someone who has been there”** – Problem Gambling Peer Recovery Specialists offer support from their **lived experience** and can connect you with valuable resources in your community.
- **Maintain a Balance in all you do** – Make small changes and build on those successes. Balance out the type of recreational activities you do; for example, if you gamble, integrate other forms of recreation and social interactions as well. Limit alcohol use, especially in times of stress.
- **Live Healthy** – Eat healthy foods, get enough sleep, exercise regularly, and avoid drugs and alcohol. Manage stress and go for regular medical check-ups.
- **Spend time with supportive family and friends** – Build your sense of belonging. Consider joining a support group to make new friends. Stay positive and be around healthy and positive people.
- **Practice good hygiene** – Good hygiene is important for social, medical, and psychological reasons in that it not only reduces the risk of illness, but it also improves the way others view you and how you view yourself.
- **Try to do an activity you enjoy every day** – Dancing, watching TV, working in the garden, painting, or reading.
- **Find ways to relax** – Meditation, yoga, getting a massage, taking a bath or taking a walk.

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## PREVENTION AWARENESS

### WHAT IS PREVENTION?

Prevention is the stopping or delaying of risky health behaviors such as substance misuse, alcohol use, tobacco use, and/or gambling.

**Primary prevention** is reaching populations, such as youth, who have not engaged in a risky behavior to promote positive behaviors.

**Secondary prevention** would reach populations that have initiated a risky behavior that may be causing problems but there is no diagnosis of a disorder, such as substance use or gambling disorders.

**Tertiary prevention** is relapse prevention for individuals who have been diagnosed with a disorder and are in recovery (Center for Disease Control and Prevention, 2020). Mental health, substance use, and gambling disorders are among the top conditions that cause disability in the United States. Preventing these disorders or co-occurring disorders and related problems is critical to behavioral and physical health.

Developing brains make youth vulnerable to injury and poor decision making, including the harmful effects of alcohol, drugs, and gambling. Parts of the brain that impact emotions, cognition, and impulse control are still developing into the early 20's.

Implementing proactive prevention practices and awareness messaging about mental health, substance misuse, and gambling can help decrease the risk of developing such disorders for the individual and its impact on the community.

### TOOLS FOR MENTAL WELL-BEING AND PREVENTION FOR YOUR COMMUNITY MEMBERS:

- **Have Important Conversations with the youth/young adults you care about** – Talk to youth ages 10-25 about mental health, substance misuse, and problem gambling. For information on talking tips go to [www.samhsa.gov/talk-they-hear-you/parent-resources](http://www.samhsa.gov/talk-they-hear-you/parent-resources) or visit [www.helpmygamblingproblem.org](http://www.helpmygamblingproblem.org).
- **Choose activities that involve healthy, fun events** – No alcohol or gambling for those under-age. Set limits on alcohol and gambling behaviors for adults of legal age.
- **Learn skills to help cope with stress in healthy ways** – Use meditation, exercise, problem solving, talking to someone you trust and other ways to deal with stress.
- **Join a Students Against Destructive Decisions club or school or community clubs that promotes wellness among youth** – Groups of youth making healthy decisions and making a positive difference in their communities inspires other youth to do the same.

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**Request a presentations or information on how you can get involved in youth mental health, substance misuse, and problem gambling prevention:**

- **For problem gambling prevention**, contact Heather Eshleman, **Prevention Manager** at the Maryland Center of Excellence on Problem Gambling at [heshleman@som.umaryland.edu](mailto:heshleman@som.umaryland.edu).
- **For alcohol and/or substance misuse prevention**, contact your local health department substance abuse prevention office or visit the Maryland Association of Prevention Professionals and Advocates (MAPPA) at <http://mappamd.org/>.

## TAKE ACTION

- **Post flyers about mental health and addiction prevention.**
  - **Download the tool kits provided in this Guide.**
  - **Create and use provided social media posts.**
  - **Update awareness and prevention messaging on your social media and website.**
  - **Use provided email signatures to promote Mental Health Month.**
  - **Visit the Center’s website [mdproblemgambling.com](http://mdproblemgambling.com) for additional resources.**
  - **Use the QR code on materials that will send those in need directly to the help seeker website, [www.helpmygamblingproblem.org](http://www.helpmygamblingproblem.org).**
- 
- **Engage with and share the Center’s social media messaging in March:**
    - Like us and share our posts on [FACEBOOK](#)
    - Follow us and retweet our posts on [TWITTER](#) and
    - Follow us on [INSTAGRAM](#) and share our posts
    - Follow, comment, and share our posts on [LINKEDIN](#)
    - Subscribe, like, and watch our videos on [YOUTUBE](#)

## EMAIL SIGNATURES

Cut and paste these signature ideas into your email or post them on your Facebook, Twitter, and Instagram pages:

### EMAIL SIGNATURE #1:



### EMAIL SIGNATURE #2:

Maintain Wellness on the Road to Problem Gambling and Substance Misuse Recovery



### EMAIL SIGNATURE #3:

Join us to Promote Mental Wellness, Take Care of Yourself and Those You Care About





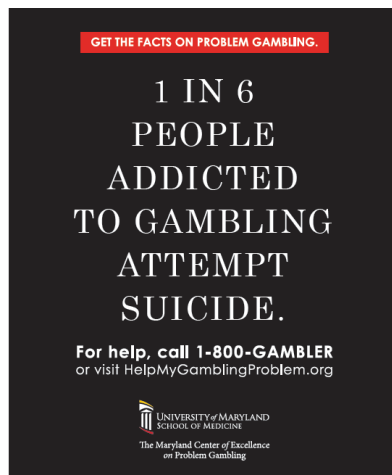
## SOCIAL MEDIA

### LOGOS



### BADGES AND SHAREABLE GRAPHICS

This is a small sample of the many promotional graphics used during Mental Health Awareness Month. Please visit the MHAM resources listed below for more.





## TOOL KITS AND AWARENESS RESOURCES

- **The Maryland Center of Excellence on Problem Gambling:**
  - This Tool Kit: [mdproblemgambling.com/mental-health-month-2024/](https://mdproblemgambling.com/mental-health-month-2024/)
  - Problem Gambling Screening: [helpmygamblingproblem.org/gambling-problems/self-assessment/](https://helpmygamblingproblem.org/gambling-problems/self-assessment/)
  - No Cost Treatment Provider Map: [mdproblemgambling.com/find-a-counselor/](https://mdproblemgambling.com/find-a-counselor/)
  - Problem Gambling Research: [mdproblemgambling.com/research/](https://mdproblemgambling.com/research/)
  - Sports Betting Information: <https://helpmygamblingproblem.org/sports-betting/>
  
- **Mental Health America (MHA):**
  - Tool Kit: <https://mhanational.org/mental-health-month/2024-toolkit-download> (Also, in Spanish)
  - Mental Health Screens: [screening.mhanational.org/screening-tools](https://screening.mhanational.org/screening-tools)
  - Tools 2 Thrive Hub: [mhanational.org/tools-2-thrive](https://mhanational.org/tools-2-thrive)
  - Maryland MHA Affiliate Main Page: <https://www.mhamd.org/>
  
- **SAMHSA’s National Prevention Week & Mental Health Awareness Month:**
  - Prevention Week Main Page: [samhsa.gov/prevention-week](https://samhsa.gov/prevention-week)
  - Prevention Week Tool Kit: [www.samhsa.gov/prevention-week/toolkit](https://www.samhsa.gov/prevention-week/toolkit)
  - MHAM Main Page: <https://www.samhsa.gov/mental-health-awareness-month>
  - MHAM Tool Kit: <https://www.samhsa.gov/mental-health-awareness-month/toolkit>
  
- **National Alliance on Mental Illness (NAMI), Mental Health Awareness Month 2024**
  - Tool Kit: <https://www.nami.org/NAMI/media/NAMI-Media/downloads/2021-Partner-Guide.pdf>
  - Main Page: [www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month](https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month)

## HASH TAGS

#MentalHealthMonth

#MentalHealthAwareness

#LookAround

#ProblemGambling

#LookWithin

#LookAroundLookWithin

#MHAM

#ProblemGamblingScreening

#HaveTheConversation

#MHM2024

#Together4MH

#NPW2024

#MyPreventionStory

#WordsMatter

#YouMatter

#SelfCare

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## SUGGESTED POSTS:

- Stable housing allows individuals to develop routines and connections to their local community, which are beneficial for mental health. Download Mental Health America's [#MentalHealthMonth](#) toolkit to learn more: [mhanational.org/mental-health-month](https://mhanational.org/mental-health-month) [#LookAroundLookWithin](#)
- Did you know your ZIP code plays a significant role in how healthy you are? This [#MentalHealthMonth](#), Mental Health America invites you to [#LookAroundLookWithin](#) to learn about how your surroundings can impact mental health. Download the toolkit: [mhanational.org/may](https://mhanational.org/may)
- [#MentalHealthMonth](#) is a good time to [#LookWithin](#) and check in on your mental health. Take a free mental health test at [screening.mhanational.org/screening-tools](https://screening.mhanational.org/screening-tools)
- Substance use and problem gambling behaviors may be unhealthy ways to deal with untreated mental health conditions. [#ProblemGambling](#) [#WhereToStart](#)
- Don't fall into the trap of using gambling as ways to cope with stress. [#MyPreventionStory](#) [#ProblemGambling](#)
- Promote mental health by choosing friends that do not encourage problem gambling or binge drinking. [#NPW2024](#)
- Visit [screening.mhanational.org/screening-tools/](https://screening.mhanational.org/screening-tools/) to determine the need for mental health interventions.
- Visit [helpmygamblingproblem.org](https://helpmygamblingproblem.org) and take a self-assessment test to see if your gambling behaviors are out of control. [#ProblemGambling](#) [#ProblemGamblingScreening](#) [#HaveTheConversation](#)
- Call, text, or chat **1-800-GAMBLER** for free confidential, compassionate help with gambling problems. [#ProblemGambling](#) [#ProblemGamblingScreening](#)
- Having difficult conversations with youth in your life concerning alcohol, drug use, and gambling behaviors promotes mental health. For talking tips go to: [www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child](https://www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child)

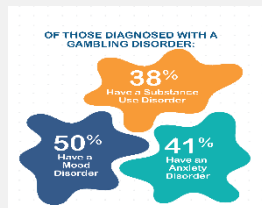
## POSTING EXAMPLES:



[#MentalHealthMonth](#) is an excellent time to [#LookAround](#) and adjust your space at home to help you be more productive, reach your goals, and improve your mental health. [#NationalPreventionWeek24](#) [#MHM2024](#)



Positive coping strategies such as exercise, healthy eating, meditation, and getting enough sleep can help promote mental wellness. [#MentalHealthMonth](#) [#MHM2024](#)



It is estimated that 1 in 10 Americans will complete a tournament bracket and the median size of a wager on a game outcome was \$30. If you bet, are your wagers higher than the norm? [#MentalHealthMonth](#) [#MHM2024](#)

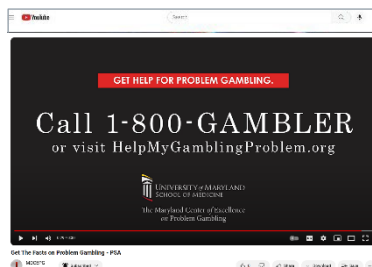


May is Mental Health Awareness Month. Did you know that mental health conditions can often impact those struggling with gambling? Mental Health Matters. Visit [https://screening.mhanational.org/screening- tools/](https://screening.mhanational.org/screening-tools/) to get connected to resources. [#MentalHealthAwareness](#) [#ProblemGambling](#) [#MentalHealth](#)

## SHARE VIDEO:

Use this link to share: <https://www.youtube.com/watch?v=s2qZzcEfsmQ>

Use this HTML code to embed the video: **GET THE FACTS ON PROBLEM GAMBLING**



```
<iframe width="560" height="315"
src="https://www.youtube.com/embed/s2qZzcEfsmQ?si=cpiaUTT8
mo3x8S4C" title="YouTube video player" frameborder="0"
allow="accelerometer; autoplay; clipboard-write; encrypted-media;
gyroscope; picture-in-picture; web-share" referrerpolicy="strict-
origin-when-cross-origin" allowfullscreen></iframe>
```

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## **MARYLAND RESOURCES: ORGANIZATIONS**

### **(The) Maryland Center of Excellence on Problem Gambling**

250 W. Pratt Street #1050

Baltimore, Maryland 21201

Website: <http://www.mdproblemgambling.com/>

Program: Mary Drexler, MSW – [mdrexler@som.umaryland.edu](mailto:mdrexler@som.umaryland.edu) ~ 667-214-2121

Prevention: Heather Eshleman, MPH - [heshleman@som.umaryland.edu](mailto:heshleman@som.umaryland.edu) ~ 667-214-2128

Communications: Mike Kafes – [mkafes@som.umaryland.edu](mailto:mkafes@som.umaryland.edu) ~ 667-214-2124

### **Maryland Department of Health - Behavioral Health Administration**

Spring Grove Hospital Complex 55 Wade Avenue

Catonsville, Maryland 21228

Website: <http://health.maryland.gov>

Website: <https://bha.health.maryland.gov/Pages/Gambling.aspx>

Phone: 410-402-8300

### **Maryland Council on Problem Gambling**

400 Renfro Drive #311

Glen Burnie, Maryland 21060

Website: [marylandproblemgambling.org](http://marylandproblemgambling.org)

Phone: 443-292-2809

### **Maryland Association of Prevention Professionals and Advocates (MAPP)**

P.O. Box 609

Linkwood, Maryland 21835-0609

Website: <http://mappamd.org/>

Email: [marylandprevention@gmail.com](mailto:marylandprevention@gmail.com)

Phone: 240-832-3871

### **National Alliance on Mental Illness, Maryland (NAMI)**

10630 Little Patuxent Parkway, Suite 475

Columbia, MD 21044 Website: <http://namimd.org/>

Phone: 410-884-8691 ~ Email: [info@namimd.org](mailto:info@namimd.org)

### **Substance Abuse and Mental Health Services Administration SAMSHA**

5600 Fishers Lane

Rockville, MD 20857

<https://www.samhsa.gov/>

download or order SAMHSA publications: <https://store.samhsa.gov/> or call 877-SAMHSA-7

### **NCPG**

730 11th Street NW, Suite 601

Washington, DC 20001

<https://www.ncpgambling.org/>

Phone: 202-547-9204

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**HELPLINE: 1-800-GAMBLER ~ [www.mdproblemgambling.com](http://www.mdproblemgambling.com) ~ [helpmygamblingproblem.org](http://helpmygamblingproblem.org)**

(continued)

**988 Maryland**

Maryland 988 Website: <https://health.maryland.gov/bha/Pages/988md.aspx>

National 988 Website: <https://988helpline.org/>

Phone: 988

**American Foundation for Suicide Prevention, Maryland**

Jennifer Murphy, Area Director Maryland and Delaware

Website: <https://afsp.org/chapter/maryland>

Phone: 202-770-8973 ~ Email: [jmurphy@afsp.org](mailto:jmurphy@afsp.org)

**Black Mental Health Alliance**

900 East Fayette Street #22111

Baltimore, Maryland 21203

Website: [www.blackmentalhealth.com](http://www.blackmentalhealth.com)

Phone: 410-338-2642 ~ Email: [info@blackmentalhealth.com](mailto:info@blackmentalhealth.com)

**Children's Mental Health Matters**

Heidi Rochon, Chief Program Officer

Mental Health Association of Maryland

Website: <https://www.childrensmentalhealthmatters.org/>

Phone: 443-901-1569 ~ Email: [info@cmhm.mhamd.org](mailto:info@cmhm.mhamd.org)

**Maryland Coalition of Families**

10632 Little Patuxent Parkway, Suite 234

Columbia, Maryland, 21044 Website: <http://www.mdcoalition.org/>

Phone: 410-730-8267 ~ Email: [info@mdcoalition.org](mailto:info@mdcoalition.org)

**Maryland Psychiatric Society, Inc.**

1101 Saint Paul Street, Suite 305

Baltimore, Maryland 21202-6407

Website: <https://mdpsych.org/>

Phone: 410-625-0232 ~ Email: [mps@mdpsych.org](mailto:mps@mdpsych.org)

**Maryland Public Health Association**

P.O. Box 7045

6801 Oak Hall Lane Columbia, Maryland 21045

Website: <https://mdpha.org/>

Phone: 443-475-0242 ~ Email: [GetInfo@MdPHA.org](mailto:GetInfo@MdPHA.org)

**MedChi, The Maryland State Medical Society**

1211 Cathedral Street

Baltimore, Maryland 21201-5516

Website: <https://www.medchi.org/>

Phone: 1-800-492-1056 ~ Email: [members@medchi.org](mailto:members@medchi.org)

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(continued)

**Mental Health Association of Maryland**

Heaver Plaza  
1301 York Road, Suite 505  
Lutherville, Maryland 21093 Website: <https://www.mhamd.org/>  
Phone: 443-901-1550 ~ Email: [info@mhamd.org](mailto:info@mhamd.org)

**Mental Health Resources in Maryland**

1616 Washington Blvd.  
Baltimore, Maryland 21230  
Website: <https://www.rtor.org/directory/mental-health-maryland/>  
Phone: 203-724-9070 ~ Email: [help@rtor.org](mailto:help@rtor.org)

**National Council on Alcohol and Drug Dependency**

Dr. Nancy Rosen-Cohen, Executive Director  
28 E. Ostend Street, #303  
Baltimore, MD 21230  
Website: <https://www.ncaddmaryland.org/>

**On Our Own of Maryland, Inc.**

7310 Esquire Court 3rd Floor, Mailbox 14  
Elkridge, Maryland 21075  
Website: [www.onourownmd.org/s/](http://www.onourownmd.org/s/)  
Phone: 1-800-704-0262 ~ Email: [oomd@onourownmd.org](mailto:oomd@onourownmd.org)

**Pro Bono Counseling Project**

5900 Metro Drive  
Baltimore, Maryland 21215  
Website: <https://probonocounseling.org/>  
Phone: 410-825-1001 ~ Email: [ana@probonocounseling.org](mailto:ana@probonocounseling.org)

**Sheppard Pratt**

Various locations  
Website: <https://www.sheppardpratt.org/>  
Phone: 301-840-2000 ~ Email: [info@sheppardpratt.org](mailto:info@sheppardpratt.org)



## Peer Recovery Support Specialists

The Maryland Center of Excellence on Problem Gambling (the Center) offers Peer Recovery Support Specialists to help individuals seeking to limit, control or stop their gambling. The Center's Peers have lived experience with addiction and have been in recovery a minimum of two years. They are trained in how to assist those seeking help

with gambling behaviors by providing access to treatment, connecting them to resources, and supporting them with encouragement during the recovery process.

The Center's Peer Recovery Support Program for problem gambling can assist your organization by:

- **Connecting with existing peer support specialists located within your treatment delivery system**
- **Offering assistance with resources for those identified as having a gambling problem.**



### Baltimore City

**James (Jim) Nowlin**, CPRS, Certified Peer Recovery Support Specialist

☎ 410-299-1791    ✉ [jnowlin@som.umaryland.edu](mailto:jnowlin@som.umaryland.edu)



### Northeast Central Maryland

**Kenneth (Ken) Wolfson**, CPRS, CRC, RPS, Certified Peer Recovery Support Specialist

☎ 443-690-9811    ✉ [kwolfson@som.umaryland.edu](mailto:kwolfson@som.umaryland.edu)



### Western Maryland

**Carin Miller**, CPRS, CRC, Certified Peer Recovery Support Specialist

☎ 410-299-1308    ✉ [carin.miller@som.umaryland.edu](mailto:carin.miller@som.umaryland.edu)



### Southern Maryland

**William (Will) Hinman**, CPRS, CRC, Certified Peer Recovery Support Specialist

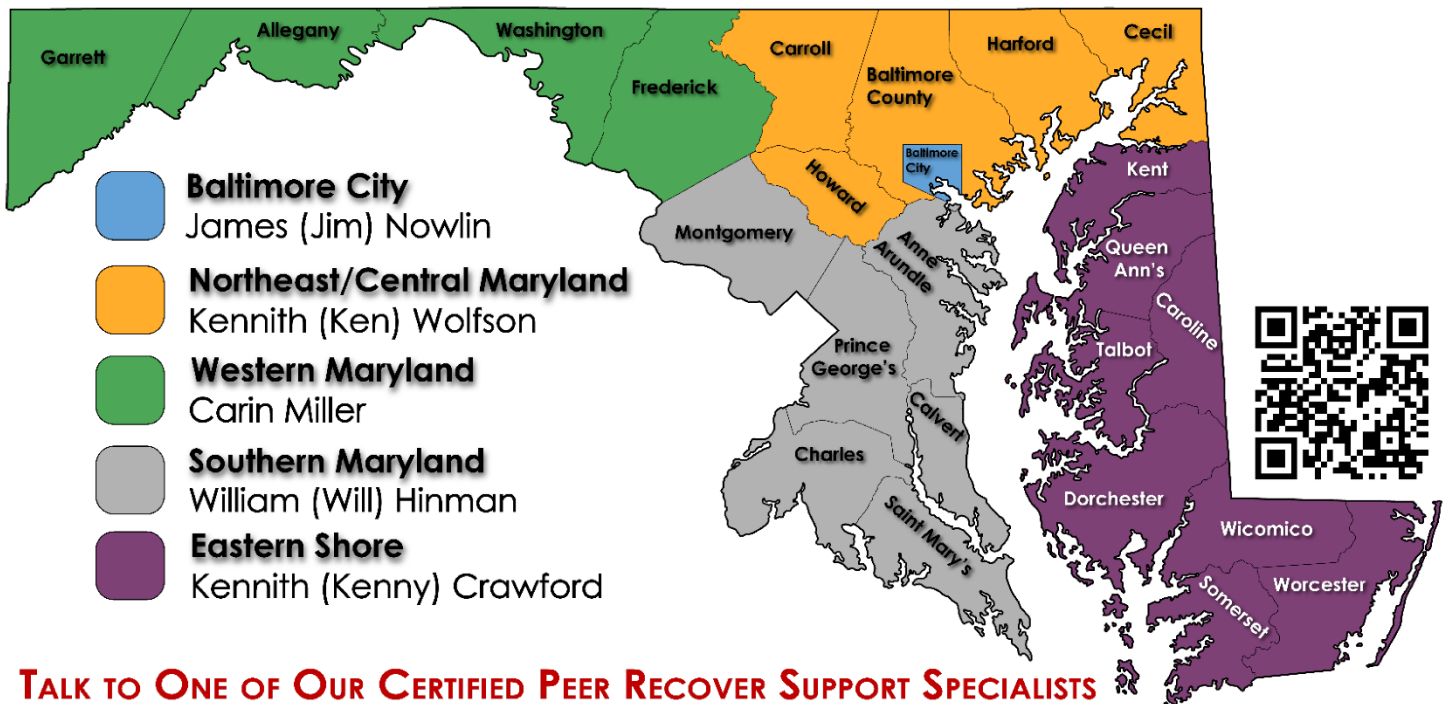
☎ 443-717-2439    ✉ [whinman@som.umaryland.edu](mailto:whinman@som.umaryland.edu)



### Eastern Shore

**Kenneth (Kenny) Crawford**, CPRS, CRC, Certified Peer Recovery Support Specialist

☎ 443-717-1137    ✉ [kenneth.crawford@som.umaryland.edu](mailto:kenneth.crawford@som.umaryland.edu)



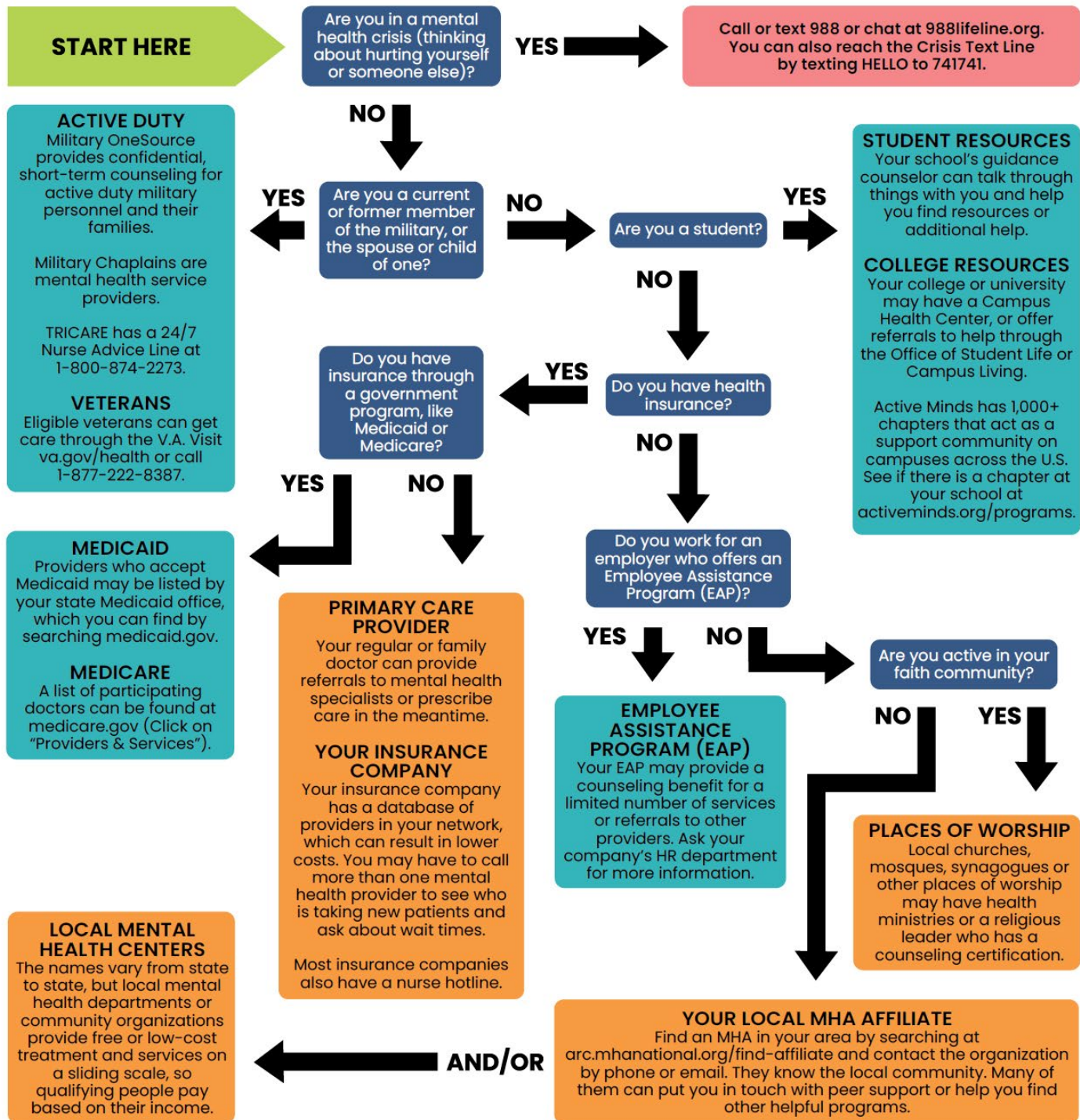
**TALK TO ONE OF OUR CERTIFIED PEER RECOVER SUPPORT SPECIALISTS**



# → WHERE TO START ←

## DECISION MAP: WHERE TO GO

When you've decided to seek help, knowing what resources are available and where to start can be tricky. Use this decision map to help you figure out your options. If you don't find help where a path ends, try any of the resources in the gold boxes.



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