

REACH

Resident Resources

May, 2022

Older Americans & Mental Health Awareness Month

1 Health & Wellness

MENTAL HEALTH FIRST AID TRAINING

Mental Health First Aid is a public education, certification program that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders.

The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Additional information can be found at www.mentalhealthfirstaid.org.

Your local classes can be found here:
www.mentalhealthfirstaid.org/take-a-course/find-a-course/



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Youth Corner

IM ALIVE

IM ALIVE is a live online network that uses instant messaging to respond to people in crisis. People, particularly youth, need a safe place to go during moments of crisis.

Visit the IM ALIVE online chatroom at imalive.org/online/

Preparing for Medicaid Changes When the Public Health Emergency Expires

When the federal declaration of a public health emergency (PHE) expires, many of the flexibilities initiated will need to be rolled back.

Some tips to be prepared:

- ✓ Ensure your Medicaid agency has current contact information
- ✓ Check your mail and mail back any Medicaid forms
- ✓ If changes have been made, and you do not agree, you may request an appeal

Wills, Trusts and Estate Planning

We invite you to participate in a webinar hosted by Alliance to End Strong, where you will acquire an understanding for the purpose of wills, trusts and estate planning.

The insights you receive will lay a foundation in determining which document is best for protecting you, your children and your assets.

The Virtual Event is:

Date: May 11, 2022

Time: 7:00 – 8:30pm

Register at:

<https://www.eventbrite.com/e/wills-trusts-and-estate-planning-tickets-321821676297>



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Senior Section

FRIENDSHIP LINE FOR SENIORS

The Friendship Line is a non-emergency emotional support hotline as well as a crisis intervention hotline. The Line provides 24-hour crisis support services, including, providing emotional support reporting elder abuse, and more.

Call the Friendship Line today:

1-800-971-0016

Enterprise Community Development would like your feedback. Scan the QR CODE with a smartphone camera or use this link <https://bit.ly/3y1XoZY> to complete the short feedback survey. Thank you.

