

# The Lakeshore Link



December 2023

Happy Holidays from your friends at CMH! 2023 flew by, and 2024 is just around the corner, so as the year ends, we can reflect and be thankful for the friends and family in our lives this year, and hope for an even greater year in 2024!

In this month's issue of **The Lakeshore Link**, you'll find some great events & announcements, including:

Credible Mind

Events

Mental Health and the Holidays

Recipient Rights

...and more!

## CredibleMind

Community Mental Health has partnered with **CredibleMind**, an excellent website that provides helpful online resources for wellness in our community! It offers a variety of information for ANYONE to use! By partnering with CredibleMind, we hope this gives more options for information on topics such as managing stress, anxiety, seasonal depression and many more mental health issues. When using CredibleMind, anyone will be able to access educational articles and videos, a variety of assessments, community resources and tools to help with living their healthiest life possible!



View these resources at [www.ottawacounty.crediblemind.com](http://www.ottawacounty.crediblemind.com) or scan the QR code!

Stress and Anxiety Management



Mental Health Assessments



Trending & Educational Readings



Community Resources & More!



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Visit [www.miottawa.org/cmh](http://www.miottawa.org/cmh)

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## Recipient Rights

If you or your legal representative believes your medical record contains inaccuracies, a statement may be placed in your medical record which corrects the information. Information already in the medical record may not be removed.

*Questions/Concerns about Recipient Rights can be sent to Briana Fowler at [bfowler@miottawa.org](mailto:bfowler@miottawa.org) or 616.393.5763*

## Events



### Self-Care Room

December 4th: 2-4PM  
Holland CMH Board Room



### Cardio Drumming

December 6th: 3-4PM  
Grand Haven Momentum Center



### Lunch & Learn: Tobacco Cessation

December 7th: 12-1PM  
Holland CMH Board Room



### Wellness & Mindfulness Group

December 13th: 12-1PM  
Lakeside Clubhouse



### Self-Care Room

December 19th: 2-4PM  
Holland CMH Board Room



### Paint Party

December 26th: 10AM-1PM  
Holland CMH Board Room

*For a complete list of events, visit: [www.miottawa.org/cmh/events](http://www.miottawa.org/cmh/events)*

*Questions or concerns regarding the contents in this newsletter can be sent to: [cmhcustomerservices@miottawa.org](mailto:cmhcustomerservices@miottawa.org)*

## Mental Health and the Holidays



Stress during the holiday season is common – social pressure, buying gifts, travel and more that can take a toll on one's mental health. A poll done by the American Psychological Association found that nearly 25% of Americans report feeling extreme stress during this time of year.

CMH will be posting strategies this month on our social platforms, as well as offering Self-Care Rooms and Mindfulness groups to help manage stress and anxiety during the holidays.

*If you or someone you know is in a mental health crisis please call our Helpline at 866-512-4357 or dial 988.*

**[Visit www.miottawa.org/cmh](http://www.miottawa.org/cmh)**