



# PANORAMA

Geauga County Board of Mental Health and Recovery Services

24/7 Geauga County Crisis Hotline

Call COPELINE at 1-440-285-5665 or 1-888-285-5665

## CRISIS TEXT LINE

Text 4hope to 741741 for Free, Confidential, 24/7 Support



### Rethinking Lottery Tickets & Scratch Offs as Stocking Stuffers

It is illegal in Ohio for anyone under 18 to gamble, so giving a lottery ticket as a gift is not only age-inappropriate, it's technically illegal.



According to information provided by the National Council on Problem Gambling and the International Center for Youth Gambling and High-Risk Behaviors at McGill University, "Results from recent studies show a growing number of high school students reportedly receive one or more lottery tickets or scratch cards as gifts. Additionally, research shows the majority of adolescents gamble at least occasionally and lottery products may be a gateway to problem gambling. Youth gambling has been shown to be linked to other risk-taking and addictive behaviors such as smoking, drinking and drug use."

Research also states that adult problem gamblers frequently say they began gambling during childhood, often at ages 9 or 10, and with other family members, which is why modeling responsible gambling behavior is especially important for parents.

Quick Prevention Tips for Parents:

- When talking about alcohol, tobacco, and other drugs also discuss gambling.
- Monitor internet activities. Be aware that some on-line and video games include gambling. Encourage family members not to buy raffle or lottery tickets as gifts for kids. Offer suggestions.



### Beating The Holiday Blues

Not everyone shares in the celebration and joy associated with the holidays. For many people, the holidays are a time of happiness, good cheer, getting together with loved ones, and hope for the new year. For others, the holidays are a time of stress, sadness and unhappiness.

There are many reasons why people feel down at holiday time. These include remembrances of past holidays, lost loved ones, financial hardship, and loneliness. Some of the symptoms of the holiday blues include headaches, decreased interest in activities that normally bring pleasure, a change in sleeping habits, feeling agitated or anxious, and changes in appetite.

Here are some ways to help beat those holiday blues: Help someone else, create your own traditions, reflect on the positives in your life, try to surround yourself with supportive people, and maintain healthy habits such as staying physically active and getting plenty of rest.

If you are feeling overwhelmed during the holidays and need help for mental health and/or substance abuse issues, call COPELINE at 440-285-5665. This is a 24-hour hotline available to Geauga County residents funded by the Geauga County Board of Mental Health and Recovery Services. You can also contact Ravenwood Health at 285-3568 or Catholic Charities at 285-3537.

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### Lake-Geauga Recovery Centers - New Anger Management Intervention Group

**Date:** Mondays from 5:30 - 7:00 p.m. for 5 week sessions (call 440-255-0678 for the next start date)

**Location:** Chardon office, 209 Center Street, Chardon, Ohio

**Cost:** \$60 for the 5 week session

Must be 18 or older. For more information call 440-255-0678 or go to [www.lgrc.us/services/anger-management-intervention/](http://www.lgrc.us/services/anger-management-intervention/)



### WomenSafe - Volunteer Orientation

**Date:** January 15, 2020

**Time:** 6:00 - 8:00 p.m.

**Location:** 12041 Ravenna Road, Chardon, OH 44024

For more information contact: Elizabeth Johnson at [fundraising@womensafe.org](mailto:fundraising@womensafe.org) or 440-286-7154 ext. 223

### NAMI Geauga County - Youth Mental Health First Aid Course

**Date:** January 20, 2020

**Time:** 8:00 a.m. - 4:30 p.m.

**Location:** NAMI Geauga, 8389 Mayfield Rd., Ste. A-2, Chesterland, OH 44026

**For more information contact:** NAMI Geauga County at 440-286-6264 or [admin@namigeauga.org](mailto:admin@namigeauga.org)

### WomenSafe - 19th Annual Casino Night

**Date:** February 1, 2020

**Time:** 6:00 p.m.

**Location:** The Patrician Party Center, Eastlake, OH

**For more information contact:** Megan Fisher at [events@womensafe.org](mailto:events@womensafe.org) or 440-286-7154 ext. 248

Geauga County Board of Mental Health and Recovery Services  
Phone 440-285-2282 | Email [mhrs@geauga.org](mailto:mhrs@geauga.org) | [www.geauga.org](http://www.geauga.org)