

**FOR IMMEDIATE RELEASE: May 12, 2020**

**OhioGuidestone Celebrates Mental Health Month with Free Telehealth Screenings**  
*Medina Office Scheduling Individual Phone Sessions for May 19 and May 20*

MEDINA, OHIO, May 12, 2020 – [OhioGuidestone's](#) Medina office, in celebration of [Mental Health Month](#), is offering free mental health screenings to the Medina County residents on May 19 and May 20. The telehealth screenings, which are by appointment only, will be available by phone from 9:00 a.m. to 6:00 p.m. and can be scheduled by calling 440-260-2945.

**“We always celebrate Mental Health Month in May – to increase awareness and remove stigma – because we know 1 in 5 people will experience a mental illness during their lifetime and those numbers are staggering,”** says Melissa Romain, Director of Medina County Programs for OhioGuidestone. **“It’s even more important this year, as we’re all facing challenges that can impact our mental health amid the uncertainty and isolation of COVID-19.”**

The COVID-19 outbreak, according to the [Center for Disease Control \(CDC\)](#), may be stressful for people, as fear and anxiety about a disease can be overwhelming and cause strong emotions in both adults and children. Coping with stress will make you, the people you care about and your community stronger.

**“This year’s Mental Health Month campaign really focuses on the importance of recognizing your own emotions, working to find the positive when facing adversity or loss, reaching out to connect with others and creating healthy routines to take care of yourself,”** says Romain. **“With these screenings, we hope to equip as many people as possible with practical tools they can use to stay connected, improve their mental health daily and increase resiliency, regardless of COVID-19 or their current situations.”**

The screenings are among several virtual tools OhioGuidestone has offered for free in its response to the COVID-19 pandemic. The agency has also: held interactive online seminars to provide parents with guidance and support as they and their children adjust to the “new normal”; offered its newly developed Therapeutic Phone Tool to all behavioral health providers across the state, at no cost, to help them care for their clients in the rapid transition to telehealth; delivered a webinar for frontline behavioral health practitioners to improve client engagement through telehealth; and more.

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**About OhioGuidestone**

OhioGuidestone, a leader in the field of behavioral health, has been helping individuals throughout Ohio reset their paths, reclaim their autonomy and restore their purpose for more than 155 years. The nonprofit, Berea-based organization connects individuals with the resources needed to achieve lifelong success, providing community counseling, substance use disorder treatment, early childhood mental health services, workforce development training and more. Connect with us on [www.ohioguidestone.org](#), Facebook, Twitter, Instagram or by calling 440-260-8303.