

DID YOU KNOW THAT THE MONTH OF MAY HAS OVER 40 NATIONAL OBSERVANCES? WHO KNEW THAT HAMBURGER, SALSA, AND ASPARAGUS HAD A WHOLE SPECIAL MONTH OF THEIR OWN FOR OBSERVANCE? HOWEVER, NOT ALL OF THESE SPECIAL OBSERVANCES DEAL WITH FOOD. MANY DEAL WITH PROMOTING AWARENESS FOR DIFFERENT DISEASES AND ILLNESSES. FOR EXAMPLE, THE NATIONAL DAY CALENDAR.COM AND THE AMERICAN PSYCHIATRIC ASSOCIATION HAS SUPPORTED THAT THE MONTH OF MAY IS MENTAL ILLNESS AWARENESS MONTH.

MENTAL ILLNESS IS A CONDITION THAT AFFECTS 1 IN 5 ADULTS ON A YEARLY BASIS WITH 1 IN 24 HAVING A SERIOUS MENTAL DISORDER.

"MENTAL ILLNESSES ARE HEALTH CONDITIONS INVOLVING CHANGES IN EMOTION, THINKING OR BEHAVIOR (OR A COMBINATION OF THESE).

MENTAL ILLNESSES ARE ASSOCIATED WITH DISTRESS AND/OR PROBLEMS FUNCTIONING IN SOCIAL, WORK OR FAMILY ACTIVITIES. A MENTAL ILLNESS IS NOTHING TO BE ASHAMED OF AND IS TREATABLE. IT IS A MEDICAL PROBLEM JUST LIKE HEART DISEASE OR DIABETES".

THERE ARE SOME GREAT RESOURCES AT OUR FINGERTIPS. IF YOU ARE FINDING THAT YOU ARE STRUGGLING SOCIALLY, WITH WORK, OR WITH FAMILY ACTIVITIES PLEASE DO NOT HESITATE TO SEEK SOME SUPPORT. A RESOURCE FOR THOSE WHO LIVE IN IOWA IS NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS) . OTHERWISE, TEXT NAMI TO 741741 FOR 24/7, CONFIDENTIAL, FREE CRISIS COUNSELING.

[HTTPS://WWW.PSYCHIATRY.ORG/PATIENTS-FAMILIES/WH AT-IS-MENTAL-ILLNESS](https://www.psychiatry.org/patients-families/wh-at-is-mental-illness)

ORANGE CITY AREA COUNSELING RESOURCES

Orange City Christian School Counselors

Crista Smidt & Michelle Alons

712-737-2274

Counseling / Medication Management

All Things New.....737-9444

111 Arizona Ave NW, Orange City

Website: allthingsnewtherapy.org

Therapists: Jeremy Koerselman, LISW
Rachel Valentine, LMHC, NCC
Heather Spaan, LMSW

ATLAS.....(FREE).....737-4090

322 Central Ave NW, Orange City

Adult mentoring, referral to community resources, assistance to meet many other needs

Website: atlasorangecityarea.com

***Avera Midwest Psychiatric.605-332-7580**

4400 W. 69th St, Suite 500, Sioux Falls

Website:

<https://www.avera.org/locations/profile/avera-medical-group-midwest-psychiatric-medicine-sioux-falls/>

Dr. Scott Schneider

CASA (Center for Assistance, Service, Advocacy)

Organization that promotes healthy, diverse communities through empowerment, education and advocacy.

website: casasiouxcounty.org/

***Creative Living Center..712-476-5245**

Offices in Orange City, Sioux Center, Rock Valley,
Sheldon, Hawarden

Website: creativelivingcenterpc.com

Therapists: Dr. Dayton Vogel
Dr. Shawn Scholten
Marty Wallace

Dr. Dee Jay Donlin.....737-2000

Orange City Area Health System, Orange City

Website: ohealthsystem.org/medical-clinics/behavioral-health/

Therapists: Dee Jay Donlin, PhD, LP

Family Solutions Services....707-9222

1217 Highway 10 W, Orange City

Website: family-solutions-services.com

Therapists: Doris Wallenburg, LISW
Jennie Karnish, LMHC
Lisa Smith, LMSW

***Plains Area M.H.....712-546-4624**

400 Central Ave NW, Orange City & other locations

Website: plainsareamentalhealth.org

***Seasons Center.....800-242-5101**

147 South Main, Sioux Center & other locations

Website: seasonscenter.org

*** medication management**

Crisis Lines

Season's Center.....844-345-4569

Boys Town.....800-448-3000

National Suicide Hotline.....800-784-2433

NEDA..(eating disorders).....800-931-2237

www.nationaleatingdisorders.org

Community Resources list provided by Community Health Partners

<https://siouxcountychp.org/community-resources-directory/>