

NEWSLETTER

PARK COUNTY PUBLIC HEALTH

Elevating Wellness in Park County

TOP NEWS

- May is National Mental Health Awareness Month
- Do you know how to prevent dog bites?
- Mpox cases continue to rise in CO



**MAY IS NATIONAL
MENTAL HEALTH
AWARENESS MONTH**

MENTAL HEALTH AWARENESS MONTH

Nearly one in five Americans lives with a mental health condition, according to the National Institute of Mental Health.

That includes any mental, behavioral, or emotional disorder such as:

- Depression
- Anxiety
- Mood disorders, including bipolar disorder
- Personality disorders
- Psychotic disorders, including schizophrenia
- Trauma
- Eating disorders
- Substance -use disorders

**REMEMBER: IF YOU'RE
STRUGGLING, YOU ARE
NOT ALONE.**

**RESOURCES ARE
AVAILABLE RIGHT HERE
IN PARK COUNTY AND
ONLINE**

Experts stress that now is the time to focus on healing, reaching out, and connecting in safe ways by acknowledging that it's okay to not be okay. For more information go to: <https://www.nami.org/About-Mental-Illness> or visit the Park County Mental Health Alliance for local resources:

www.parkcountymentalhealth.org

PREVENT DANGEROUS DOG BITES

Did you know dog attacks are the seventh leading cause of emergency room visits for children aged 5-9? Permitting a dog to run at large is a violation of Park County Resolution 95-11-8. Park County Animal Control : (719) 836-4380.

Here are a few tips to help you and especially children, avoid getting bitten by a dog:



MPOX INFORMATION

Monkeypox cases are increasing in Colorado. Testing, free vaccines, and treatment for mpox are available across the state. Mpox can cause a rash or bumps on the skin. The rash may be painful or itchy. Mpox can look like syphilis, herpes, blisters, or acne. Some people also feel flu-like symptoms. Mpox is transmitted through close physical contact. Talk with your partner about any Mpox symptoms.

Please contact Park County Public Health Agency at 719-836-4174 with questions or for more information. *We are here to serve you!*

