



Helping Hand e-Newsletter

a quarterly publication of HelpLine of Delaware and Morrow Counties, Inc. || Spring 2012



HelpLine strives to stop child abuse and end sexual assault

Did you know that [April is Child Abuse Prevention and Sexual Assault Awareness Month](#)? April is a very busy month for HelpLine staff, especially those involved in sexual violence prevention and intervention services. While we work to raise awareness about child abuse prevention and sexual assault year-round, we have devoted ourselves to doing even more during this eventful month. We believe that not only can child abuse and sexual assault stop, [each of us can do something to make that happen](#).

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HelpLine WORKS!

by Jim Rundle, Clinical Director

From the [hotline](#)..."The phone rings and the caller is crying. The hotline worker reflects that the caller sounds upset and she agrees. She has been fighting depression for several months but it keeps getting worse. The hotline worker asked if she is having any thoughts of suicide and she said no. They talk about the depression and she is now having difficulty sleeping, eating and going to work. She had lost thirty pounds and was exhausted. After further discussion, we offer to call her back tomorrow but she declines saying she will call back if she needs to. We share Helpline is here [24/7](#) and she can call anytime if she needs to talk..."

The [Helpline hotline](#) phone numbers are 740-369-3316, 419-947-2520, 800-684-2324 or dial 211 for information and referral.

Connections and Olive Garden Team Up

by Suzanne Pingry, Connections Program Director

[Connections Volunteer Center](#), a program of HelpLine, will host a fundraising dinner on **April 12** at Andrew's House in Delaware, sponsored by Olive Garden's Polaris Parkway location. The three-course Italian dinner will feature Olive Garden's famous garden salad, garlic breadsticks, penne pasta mixed with marinara or alfredo sauce, a choice of lemonade, coffee, or iced tea, and dessert. Tickets are \$10 for adults and \$7 for children under the age of 10.

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3 Small Steps to Develop Strong Communities

Tips by [Preventing Child Maltreatment and Promoting Well-Being: A Network for Action](#)

- Set up a playgroup in your community at homes or a local park (consider inviting people who may not have children at home, like local seniors)
- Organize a community babysitting co-op
- Volunteer at your child's school through the school's administration or the parents' organization

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Childhood Depression Awareness

by Max Lencl, Suicide Prevention Coordinator

Depression alone affects as many as one in every 33 children and one in eight teens. **May 9th, 2012** is National Childhood Depression Awareness Day or "Green Ribbon Day". Depression in children is just as real, common and treatable as it is in adults. Left untreated, children's depression can lead to problems at home, trouble in school and community, substance abuse and even [suicide](#).

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Jazz on the Green: June 29, 2012

by Sue Hanson, Executive Director

SAVE THE DATE: Join us for the [Annual Jazz, Wine, and Silent Auction Event on June 29, 2012!](#) If you like to golf come out early to play in a couples/pairs 9 hole tournament. The finale of the event includes relaxing outside with live jazz music, fine wines, and hors d'oeuvres. All proceeds benefit HelpLine and make a difference in YOUR communities. Registration coming soon! Additionally, we are seeking sponsors and silent auction donations, contact us at shanson@helplinedelmor.org.

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2011 Annual Report: With help comes hope

by Sue Hanson, Executive Director

We invite you to get an up close look at HelpLine's 2011 impact in Delaware and Morrow Counties.

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HelpLine would like to thank our FY2012 funding partners:

[United Way of Delaware County](#), [Delaware-Morrow Mental Health & Recovery Services Board](#), [Council for Older Adults](#), [Ohio Department of Health](#), [Women's Fund of Central Ohio](#), [United Way of Morrow County](#), [Office of Criminal Justice Services](#), [Ohio Attorney General's Victims of Crime office](#), [Community Foundation of Delaware County](#), [Emerson Network Power/Liebert](#), [National Lifeline Suicide Prevention Network](#)

Additionally we appreciate the support of individual donors and local business!

THANK YOU!

About HelpLine

HelpLine of Delaware and Morrow Counties, Inc. is the local 24-hour support, information and referral line for Delaware and Morrow counties.

A private, nonprofit founded in 1970, the mission of HelpLine is to address the emotional, financial, and information needs of the community.

A contract agency of the Delaware Morrow Mental Health & Recovery Services, HelpLine is a member of the United Ways of Delaware and Morrow counties and partially funded by the Council for Older Adults and the Ohio Attorney General's Crime Victims Services Section. Equal Opportunity Employer/Provider.

Visit us online at:
www.helplinedelmor.org

Quick Links

[HelpLine Website](#)
[24/7 Crisis Hotline](#)
[2012 Training Opportunities](#)

Upcoming Events

[HelpLine Calendar of Events](#)
[Sexual Assault Awareness Month and Child Abuse Prevention Events](#)
[Connections Fundraiser](#)
[HelpLine's Jazz on the Green](#)

Donate NOW!

[Monetary Donation](#)
[Kroger Rewards](#)
[Delaware Community Market](#)

**Crisis? Feeling Suicidal?
Need Help? Want to talk?
24/7 LIVE Support
Call Us Now...
2-1-1 or 800-684-2324**



HelpLine of Delaware & Morrow Counties, Inc.
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www.helplinedelmor.org :: helpline@helplinedelmor.org
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Delaware: 740-369-3316 or Morrow: 419-947-2520