

What is a Mental Challenge?

A mental challenge is any disease or condition affecting the brain that influences the way a person thinks, feels, behaves and/or relates to others and to his or her surroundings.

What causes emotional or mental challenges and who is affected?

Although the exact cause of most mental challenges is not known, it is becoming clear through research that many of these conditions are caused by a combination of genetic, biological, psychological and environmental factors. One thing is for sure—mental challenges are not the result of personal weakness, a character defect or poor upbringing, and recovery from a mental challenge is not simply a matter of will and self-discipline.

Examples of mental challenges include:

- Depression/Bipolar disorder
- Anxiety disorder
- Schizophrenia
- Obsessive-compulsive disorder
- Stress disorder
- Social phobia
- Eating disorders (anorexia, bulimia or over-eating)
- Addiction

Symptoms can include:

- Confused thinking
- Long-lasting sadness or irritability
- Extreme highs and lows in mood
- Excessive fear, worrying or anxiety
- Social or family withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations (seeing or hearing things that are not really there)
- Increasing inability to cope with daily problems and activities
- Thoughts of suicide
- Denial of obvious problems
- Many unexplained physical problems
- Abuse of drugs and/or alcohol

If you are experiencing any of these symptoms, come to The Main Place to discuss how to get back into control of your life.

Facts

- Mental challenges are very common; in fact, they are more common than cancer, diabetes or heart disease.
- According to the U.S. Surgeon General, an estimated 23% of American adults (those ages 18 and older)—about 44 million people—suffer from a mental challenge during a given year.
- More than 7 million Americans adults, and more than 5 million children and adolescents experience a serious mental condition (one that significantly interferes with functioning).
- You can recover.
- **There is Hope!** Numerous studies show that the majority of people experiencing serious and persistent mental challenges can and do recover.
- Recovery is a journey or a process, not a destination or a cure! The goal of recovery is to move away from defining yourself by the labels given to an illness or the symptoms you may experience. Recovery is about rebuilding a sense of self you are happy with and that allows you to establish meaningful life roles.

What is mental health recovery and why do I need it?

We define mental health recovery as the “individual process of overcoming the negative impact of a psychiatric disability despite its continued presence”. More simply said, recovery is the process by which an individual recovers their self-esteem, identity, self worth, dreams, pride, choice, dignity and a meaningful life.

How Peer Support enhances the recovery process:

When a person experiences a potentially life threatening illness, who do they want to talk to? An expert in treating the illness and someone who has survived it.

Because TMP’s staff is made up of individuals who have overcome the impact that mental challenges had on their lives, they can:

- 1) Share their wisdom, knowledge and experience in recovery;
- 2) Make you aware of choices you have and assist in implementing your own personal plan of recovery;
- 3) Link you to resources beyond the mental health system;
- 4) Help you master the skills necessary to recover; and
- 5) Provide comfort and support along the journey.

By coming together we build better lives for ourselves, gain employment, maintain independence, and earn acceptance within the community.

What is The Main Place?

The Main Place (TMP) is a consumer-operated mental health recovery center that promotes recovery through peer support, social activities, education, and training.

The majority of our Board, Staff and Members are themselves individuals whom have experienced a mental challenge. Through consumer input, data and research we work to ensure TMP provides effective and efficient services that are aligned with what you tell us you need in order to recover in a supportive environment.

If you feel as though you do not have control over your life, The Main Place can help you get back on track.

Why choose The Main Place?

- No waiting lists – you can receive same day assistance.
- Unconditional acceptance.
- Peer support.
- Access to other resources.
- Training classes to help build your job skills.
- Knowledgeable and caring staff who help open doors in your life.
- Safety and privacy.
- Local support from community organizations such as shelters and food banks to help members quickly.
- It's not an easy process and we understand that. We want to help you along your journey to recovery.

Services offered:

- Assessment.
- Individual Case and Group CPST.
- Housing and Housing Support.
- Employment Assistance.

Accreditations:

- Ohio Department of Mental Health.
- Commission on Accreditation of Rehabilitation Facilities (CARF) Accredited facilities, ensuring you are receiving the best possible care in our community.

Your Recovery Centers

Newark

112 South Third Street
Tel: 740-345-6246
Fax: 740-345-3697

For Transportation, call:
Tel: 740-345-6246

Administrative office:

33 W. Main Street, Suite 206
Tel: 740-345-6874
Fax: 740-345-5157

Mount Vernon

117 W. High Street
Tel: 740-392-9491
Fax: 740-392-9165

Mailing addresses:

Newark

The Main Place Inc.
33 W. Main Street, Suite 206
Newark, Ohio 43055

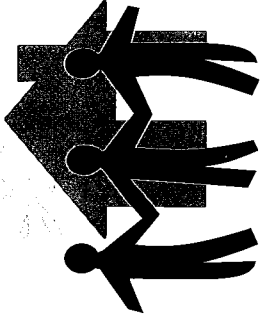
Mount Vernon

The Main Place Inc.
117 W. High Street
Mount Vernon, Ohio 43050

www.youcanrecover.org
www.themainplace.org

Funded by:

Community Mental Health and Recovery Board



The Main Place

Promoting Hope • Providing Tools
Removing Barriers

Your Place to Recover

Recover

Your Self-esteem

Your Identity

Your Self-worth

Your Dreams

Your Pride

Your Dignity

and a Meaningful Life

Recovery Centers in:
Newark & Mount Vernon
Ohio

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