

Three Rivers Health District Newsletter

World Mental Health Day



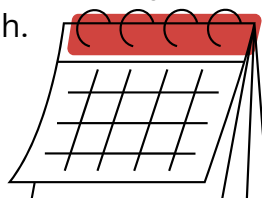
October 10th is World Mental Health Day. The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

The theme for 2025 is Mental Health During a Humanitarian Crisis. Crises such as natural disasters, conflicts, and public health emergencies cause emotional distress, with one in five individuals experiencing a mental health condition. Supporting the mental well-being of individuals during such crises is not just important – it saves lives, gives people the strength to cope, the space to heal and to recover and rebuild not only as individuals but as communities. That’s why it is essential for everyone, including government officials, health and social care providers, school staff and community groups to come together. By working hand in hand, we can ensure the most vulnerable have access to the support they need while protecting the well-being of everyone.

For more information about World Mental Health Day, please visit the [World Health Organization’s website](https://www.who.int/mental-health).

Three Rivers Health District Office Closure October 10th & 13th

The Three Rivers Health District will be closed on Friday, October 10th for an all day employee training event and on Monday, October 13th for Columbus Day and Yorktown Victory Day. For any customer needs regarding permit applications, payment, appointment scheduling, or vital records please contact your local health department before or after October 10th.



Clinic Schedule

FAMILY PLANNING

ESSEX - 10/16, 10/30
GLOUCESTER - 10/23, 10/29
KING & QUEEN - 10/21
KING WILLIAM - 10/21
LANCASTER - 10/15
MATHEWS - 10/28
MIDDLESEX - 10/28
NORTHUMBERLAND - 10/14
RICHMOND CO - 10/14
WESTMORELAND - 10/1, 10/22

NURSING & IMMUNIZATION

ESSEX - 10/6, 10/20
GLOUCESTER - 10/17, 10/24, 10/31
KING & QUEEN - 10/7, 10/21
KING WILLIAM - 10/1, 10/21
LANCASTER - 10/7, 10/21
MATHEWS - 10/14,
MIDDLESEX - 10/6, 10/22
NORTHUMBERLAND - 10/14, 10/28
RICHMOND CO - 10/14, 10/28
WESTMORELAND - 10/6, 10/20

WOMEN, INFANT AND CHILDREN (WIC) IN-PERSON CLINICS

ESSEX - 10/7, 10/14, 10/17, 10/21, 10/24, 10/28, 10/31
GLOUCESTER - 10/3, 10/6, 10/7, 10/8, 10/14, 10/17, 10/20, 10/21, 10/24, 10/27, 10/28, 10/31
KING WILLIAM - 10/2, 10/9, 10/16, 10/23, 10/30
LANCASTER - 10/8, 10/15, 10/22, 10/29
MIDDLESEX - 10/2, 10/9, 10/16, 10/23, 10/30
NORTHUMBERLAND - 10/1, 10/6, 10/20, 10/27
RICHMOND CO - 10/8, 10/15, 10/22, 10/29
WESTMORELAND - 10/7, 10/14, 10/20, 10/21, 10/27, 10/28

Stroke Awareness & Safety



Stroke is one of the leading causes of death in the United States and a leading cause of serious long term disability. Having high blood pressure, high cholesterol, smoking or use of tobacco products, and being obese greatly increases the risk of stroke. Exercise, eating healthy, and limiting stress can help prevent stroke. Response time to during a stroke is crucial to the treatment and outcomes physically and cognitively. Recognizing the signs and symptoms of a stroke can help act quickly and lessen time for emergency care. Here is a easy way to respond to common signs of a stroke with the acronym F.A.S.T:

- F = Face drooping: Ask the person to smile. Does one side droop?
- A = Arm weakness: Ask the person to raise both arms. Does one arm drift downward?
- S = Speech difficulty: Ask the person to repeat a simple sentence. Are the words slurred?
- T = Time to call 9-1-1: If the person shows any of these signs, call 9-1-1 immediately. Stroke treatment can begin in the ambulance.

Halloween Safety



Every year poison control centers manage many Halloween related exposure cases. Here are a few tips to keep in mind:

- Check your child's candy. Stay away from homemade treats or items not in original factory sealed packaging. Discard candy that is unsealed or has an odor/discoloration.
- Pets like candy, too. Many candy items, including chocolate, are poisonous to pets. Use this as a chance to teach children about pet safety and the need to properly store candy.
- If you have very young children, be sure to remove any choking hazards such as gum, peanuts, hard candies, or small toys.

Come Work With Us!

Please join the Three Rivers Health District in working to make Virginia the healthiest state in the nation and to protect the environment of the Middle Peninsula and Northern Neck. To view jobs with the Three Rivers Health District & Virginia Department of Health, please see [Virginia Department of Health Jobs](https://www.vdh.virginia.gov/three-rivers/jobs).



Contact Us



Three Rivers Health District

www.vdh.virginia.gov/three-rivers/

(804) 758-2381

<https://www.vdh.virginia.gov/three-rivers/health-departments/>