



# HUNGER HAPPENS HERE

[www.fairfieldcounty211.org](http://www.fairfieldcounty211.org)

## H3 - Fairfield County Hunger Coalition

### Hunger Coalition

Our Commitment:  
Building a healthier  
Fairfield County by  
reducing HUNGER;  
improving HEALTH;  
and providing HOPE.

### Contact Us

Jeannette Curtis

#### **Email:**

FCHungerCoalition@  
gmail.com

#### **Phone Number:**

2-1-1

or

740-687-0500

### Social Media

Facebook:

Fairfield County's  
Hunger Alliance

Instagram:

@fairfieldhungeraction

### Donations:

Online at

FairfieldCounty211.org

For More Info

Call 2-1-1

### FIGHTING FOOD INSECURITY LOCALLY

May is Mental Health Awareness Month, and it's important to talk about how food insecurity—when people don't have enough to eat—affects mental health.

Food insecurity doesn't just cause hunger. It can lead to stress, anxiety, and depression for people of all ages.

Studies show that people without enough food are more likely to face mental health challenges. Parents and kids are at high risk. Parents who don't have enough to feed their families are more likely to suffer from PTSD and depression. Their children may also struggle in school and have trouble focusing or managing their emotions.

Older adults are also affected. Seniors who can't afford enough food are more likely to report poor mental health, especially as prices go up and fixed incomes don't stretch as far.

Having enough to eat won't solve every mental health problem, but it makes a big difference. If you or someone you know is struggling to get food, you're not alone—help is available, call 2-1-1.





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## H3 - Health

### MAY IS MENTAL HEALTH AWARENESS MONTH

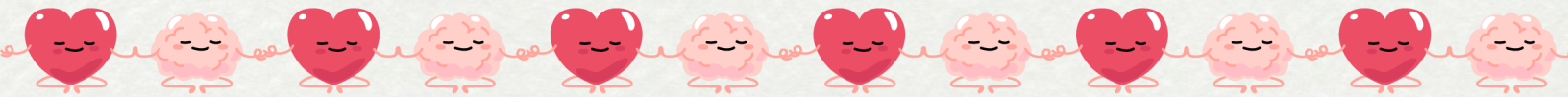


#### Did You Know...

In Ohio, 1 in 4 adults experience mental health issues and often cite not being able to locate a provider as a reason for not getting help. MHA Ohio offers a program called Get Connected. Get Connected is a free service that connects Fairfield county residents who are living with a mental illness with the care and resources they need and deserve.

Call or text - (740) 202-9772 to Get Connected!

Visit MHA Ohio at [www.mhaohio.org](http://www.mhaohio.org) for more info



## H3 - Hope

### HOW YOU CAN HELP:

#### Donate Time

- Serve at a free meal site
- Deliver for Meals On Wheels
- Volunteer at a food pantry

#### Donate Items

- Give needed items to a food pantry
- Drop off pet supplies to a local shelter
- Donate winter items to homeless shelters

#### Donate Money

- Drop off gift cards to your local fire house
- Sign up to supply dinner to LSS Homeless Shelter
- Donate to your favorite charity

# YOUR COMMUNITY NEEDS YOUR HELP!