



# A NEWSLETTER FROM THE THE OFFICE FOR COMMUNITY WELLNESS

## WellnessMatters

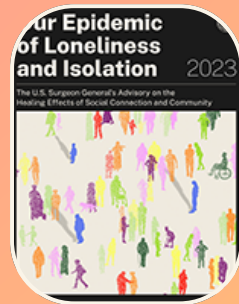


THE OFFICE FOR COMMUNITY WELLNESS (OCW) IS EXCITED TO BRING YOU A WELLNESS INFORMATIONAL SERIES, DIVING INTO THE SURGEON GENERAL'S 2023 REPORT,

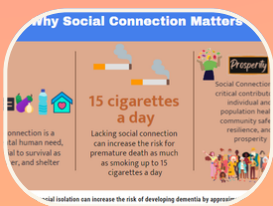
***"OUR EPIDEMIC OF LONELINESS AND ISOLATION"***  
**CLICK HERE FOR THE OCW'S FULL VIDEO SERIES**

**CLICK HERE FOR THE FULL OCW FACEBOOK VIDEO SERIES**

The Surgeon General has deemed loneliness and isolation an epidemic. **CLICK HERE** or on the image to read the FULL Advisory on **'THE HEALING EFFECTS OF SOCIAL CONNECTION & COMMUNITY'**



NO TIME FOR A VIDEO? CLICK THE IMAGES BELOW FOR EACH VIDEO SEGMENT'S ACCOMPANYING INFOGRAPHIC...



Why Social Connection Matters



Trends and Definitions



Factors that Shape Connection



Social Connection and Health and Well-Being



Connection and Biology, Psychology and Behavior



How Social Connection Impacts Communities



The "Six Pillars" and the OCW's Approach

*May is...*

## Mental Health Awareness Month



“In Every Story,  
There’s Strength”  
Mental health  
journeys are unique,  
but the strength  
found within them is  
universal. “In Every  
Story, There’s  
Strength,”  
highlights...

**CLICK HERE for  
NAMI’s full story**

&

learn how to help  
**Break the Stigma**

*hope*

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It has intrinsic and instrumental value and is integral to our well-being.

At any one time, a diverse set of individual, family, community and structural factors may combine to protect or undermine mental health. Although most people are resilient, people who are exposed to adverse circumstances - including poverty,...

**Learn More Now**

**If you or someone you know is struggling...**

Know what’s available. Reach out to the Office for Community Wellness (OCW) for resources and guidance to assist with your unique needs.

We understand the complexities of life situations and circumstances and are here to help.

Call Phoenix at (845) 275-5413 or visit our website at

[npthrivingtogether.org](http://npthrivingtogether.org) for more information and local resources.

**CLICK HERE FOR LOCAL RESOURCES**

**For Mental Health Emergencies**

**Call or Text the**

**Suicide & Crisis Lifeline at 988**



## Worldwide Study Finds High Rates of Depression and Anxiety in People with Chronic Pain

A novel analysis of more than 375 published studies concluded that the association between chronic pain and rates of depression and anxiety is staggering. The study, led by...

[READ MORE](#)

about Johns Hopkins' 2025 report

### **FREE** Chronic Pain/ Illness Support Group

Chronic Pain Support Group is for anyone suffering from chronic pain or illness. The group will provide a safe and caring environment to express the challenges of living with constant pain or illness. The goals will be to connect and lessen the isolation often felt by those living with chronic pain and eventually explore coping skills and other ways of managing chronic illness and pain.

**WHEN:** Friday, May 2, 2025

**WHERE:** New Paltz Community Center, 3 Veterans Drive

**TIME:** 7:30pm to 8:30pm

**COST:** **FREE**

Call Joanna at (845) 255-2152  
or follow the link for more information  
on this and other community groups

*hope*



At some point in our lives we will all experience pain— physical and/or emotional discomfort caused by illness, injury, or an upsetting event. Though most of us would rather avoid it, pain does serve an actual purpose that is good and seen as “protective.” For example, when you experience pain your brain signals you to stop doing whatever is causing the pain, preventing further harm to your body.

Pain, however, is not meant to last for a long time...

[CLICK HERE](#)

To learn more about

- ~ Chronic Pain and Mental Health ~
- ~ The Prevalence of the Association ~
- ~ Common Conditions ~
- ~ Treatment and Therapies ~

And MORE

*hope*

*hope*

# STOP STIGMA Together

Mental Health Awareness Month is a powerful reminder that our minds need just as much care as our bodies.

Stigma around mental health has long kept many people suffering in silence, when in reality, seeking help is a sign of strength, not weakness.

Treating mental health issues in the same way we treat physical ones—is so simple, yet often overlooked.

No one questions going to the doctor for a broken bone or an infection.

So why should anxiety, depression, or trauma be any different?

It's encouraging to see the conversation around the importance of mental health becoming more open, especially among younger generations and males.

But there's still a long way to go.

***Have you noticed any shifts in how mental health is being talked about lately?***

## Life can be challenging...

**BUT NEW PALTZ IS TOUGH AND WE GOT THIS...**

### Education is key:

Know what's available to you, your friends and your family.

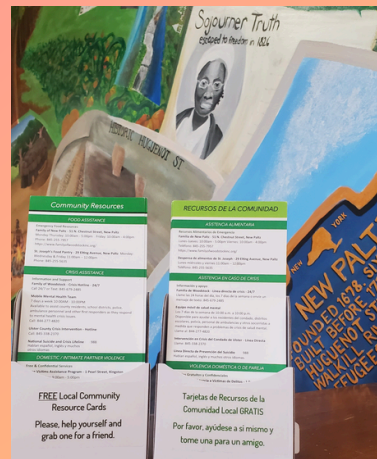
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[npthrivingtogether.org](http://npthrivingtogether.org) for more information and local resources.

**Look for OCW Resource Cards in offices and businesses around town**



**(click on the image above for more info.)**

## Get Involved Today

**HAVE ANY QUESTIONS ABOUT HOW YOU CAN  
MAKE A DIFFERENCE?**

Click [HERE](#) to learn about



**LET'S CHAT!  
(845) 275-5413**