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Health Matters: Television for Life—The Opioid Crisis



Opioids, including pain killers, heroin, and fentanyl are part of a serious public health epidemic. Health Matters looks at programs to help addicts and their families, and the efforts to prevent the flood of pills from coming into our communities.

Panelists include Bill Hyslop, Former U.S. Attorney for E Washington; Lt. Rob Booth, Spokane PD; Chris Greer, RPh.

Hiding in Plain Sight: Youth Mental Illness



Follow the journeys of more than 20 young Americans from all over the country and all walks of life, who have struggled with thoughts and feelings that have troubled—and, at times—overwhelmed them. Hiding in

Plain Sight presents an unflinching look at both the seemingly insurmountable obstacles faced by those who live with mental disorders and the hope that many have found after that storm.

Facing Suicide



The film explores powerful stories of those impacted by suicide, one of America's most urgent health crises, and the research leading to preventative measures and treatment for suicide.

MISSION

WCNY connects with the curious of all ages through innovation, creative content, educational programs, and transformative experiences to open minds and spark change.

VISION

WCNY is a trusted media enterprise, constantly evolving and fully engaged with a diverse audience that shares our passion for public service. Together, we will contribute to community prosperity and embrace innovation to foster a well-informed, inspired world.

If you or someone you know are in crisis or experiencing thoughts of suicide, text the Crisis Text Line (text HELLO to 741741) or call the National Suicide Prevention Lifeline at 1-800-273 TALK (8255). Both services are free and available 24 hours a day, seven days a week.

STAY CONNECTED

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Senior Isolation

Senior isolation happens when seniors are disconnected from those in their life. They feel stuck at home with just their thoughts for company. They rarely have the opportunity to engage with their community. Senior isolation negatively impacts mental and physical health. It is important for friends and family members to actively reach out to the seniors in their lives and make sure they are getting the socialization they need.

RESOURCES & WAYS TO HELP

Seniors benefit from various social activities, including playing games, taking classes, and meeting with friends and family. In addition to these activities, New York State offers a multitude of resources that are tailored to meet individual needs. The best way to go about getting further help for seniors is by contacting your local Office for the Aging. At this office, people with training, experience, and knowledge will be able to connect you with the appropriate agency, organization, service, and more.

CONTACT INFORMATION

To receive assistance in supporting seniors who are suffering from isolation, reach out to your local Office of Aging. You can find their contact information by visiting www.aging.ny.gov/local-offices.



Opioid Abuse

Opioid abuse has become a national crisis in the United States. It occurs when a person's brain and body believe that the drugs are necessary for their survival. Addiction can take hold of a person quickly, and it's difficult to overcome the challenge without support. People who are considering using opioids to manage their pain should reach out to pain medicine specialists to learn about the drugs and find possible alternatives.

RESOURCES & WAYS TO HELP

If someone is struggling with an addiction, they should seek help from a medical professional in addiction medicine. You can connect with a professional through your physician. New York State also offers access to state certified outpatient and embedded programs for people of all ages. To best support someone with an opioid addiction, it is important to connect with knowledgeable people who are well versed in prevention and management.

CONTACT INFORMATION

The New York State HOPEline offers toll-free, confidential support through text messages (Text HOPENY (467369)) and phone calls (1-877-8-HOPENY (467369)). Operators provide information and referral services that help people dealing with substance abuse.



Student Mental Health

Mental health plays a key role in how teens interact with the people in their lives. It also impacts how they deal with the events that take place (positive or negative). Neglecting mental health can lead to mental illnesses, which can progress into something more severe such as suicide. Suicide is very prevalent today. It effects family members, friends, and others who may know the individual. It is important for people to be aware of the warning signs of suicide and know how to prevent it.

RESOURCES & WAYS TO HELP

Communication is the first step to coping with negative emotions. Teens should feel comfortable with talking about what they're going through. They should build positive relationships with trusted adults so that, if the time comes when they're struggling with their mental health, they'll have someone to talk to. In addition to family and friends, teens should talk to their doctor about the best way to overcome mental illnesses and suicidal thoughts or actions. New York State has also created a suicide prevention office that offers further suicide prevention resources.

CONTACT INFORMATION

If someone is dealing with a mental health crisis, they should call the Suicide and Crisis Lifeline at 988. To learn more about how New York State is advancing suicide prevention, visit www.omh.ny.gov/omhweb/suicide_prevention.