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FOR IMMEDIATE RELEASE

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Find Your Anchor Boxes Available in Huron County

NORWALK, Ohio— Huron County Public Health (HCPH) is excited to announce the availability of Find Your Anchor (FYA) boxes at our main office, and Huron County libraries. September is National Suicide Prevention Month, and the FYA boxes are a resource to assist individuals that may be experiencing crisis. This opportunity was made possible through Prevention funds from the North Central Behavioral Health Board, and was spearheaded by HCPH's Prevention Coordinator, Paige Snyder.

What is Find Your Anchor?

FYA is a grassroots movement aimed at suicide prevention, awareness, and education. With creativity and a personal touch, FYA aims to support those who may be struggling and de-stigmatize conversations surrounding suicide and mental health:

<https://findyouranchor.us/>.

The boxes are packed with items that offer words of support & encouragement, and resources to connect with for help when feeling lost, hopeless, or suicidal. When a person feels ready, they can then pass the box along to someone else for help.



Image Credit: HCPH Public Information Officer, Cyleen Sharpe



Nicole Marks, MPH
Health Commissioner

Community Health Fax:
(419) 668-0152

Environmental Fax:
(567) 244-3201

Medical Fax:
(419) 663-1809

An equal opportunity provider of employment and services.



In addition to the pre-selected items created for the box, HCPH staff members and Huron County Prevention Coalition members took some time to create handwritten notes of encouragement to include in the box. We hope these will bring a smile, hope, and strength to those in need.

Where Can I Get a FYA Box?

FYA boxes will be available at the following Huron County locations:

- **Huron County Public Health –**
 - 28 Executive Drive, Norwalk, OH 44857
 - Phone: 419-668-1652 ext. 289 (Paige Snyder, Prevention Coordinator)
- **Greenwich Library –**
 - 4 New Street, Greenwich, OH 44837
 - Phone: 419-752-7331
- **Monroeville Library –**
 - 34 Monroe Street, Monroeville, OH 44847
 - Phone: 419-465-2035
- **North Fairfield Library –**
 - 5 East Main Street, North Fairfield, OH 44855
 - Phone: 419-744-2285
- **Norwalk Library –**
 - 46 West Main Street, Norwalk, OH 44857
 - Phone: 419-668-6063
- **Wakeman Library –**
 - 33 Pleasant Street, Wakeman, OH 44889
 - Phone: 440-839-2976
- **Willard Library –**
 - 6 West Emerald Street, Willard, OH 44890
 - Phone: 419-933-8564

Please note that it is strongly recommended to call ahead to each location to verify availability of boxes.

For More Information

For questions regarding FYA, please contact HCPH's Prevention Coordinator, Paige Snyder at psnyder@huroncohealth.com

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