

Housing Authority of Madisonville

NEWSLETTER

May 2026



MENTAL HEALTH AWARENESS MONTH



DON'T FORGET

Housing Authority property is non-smoking.

May 10, 2026

Mother's Day

May 14, 2026

Mental Health Awareness Walk

Mahr Park

4:00pm - 6:00pm

May 15-17, 2026

Madisonville Salutes

Madisonville City Park

May 16, 2026

Colt Ford Concert

Madisonville City Park

3:00pm

May 21, 2026

Last Day of School!

May 25, 2026

Memorial Day

May 29, 2026

Community Meet & Greet

Housing Authority of Madisonville

11:00am - 2:00pm

May 30, 2026

Take Kids Fishing

Earlington City Park

10:00am - 2:00pm

Maintenance Messages

Mowing season has begun! This is your friendly reminder to keep all toys and personal items picked up and placed on your porch or inside your unit on a regular basis.

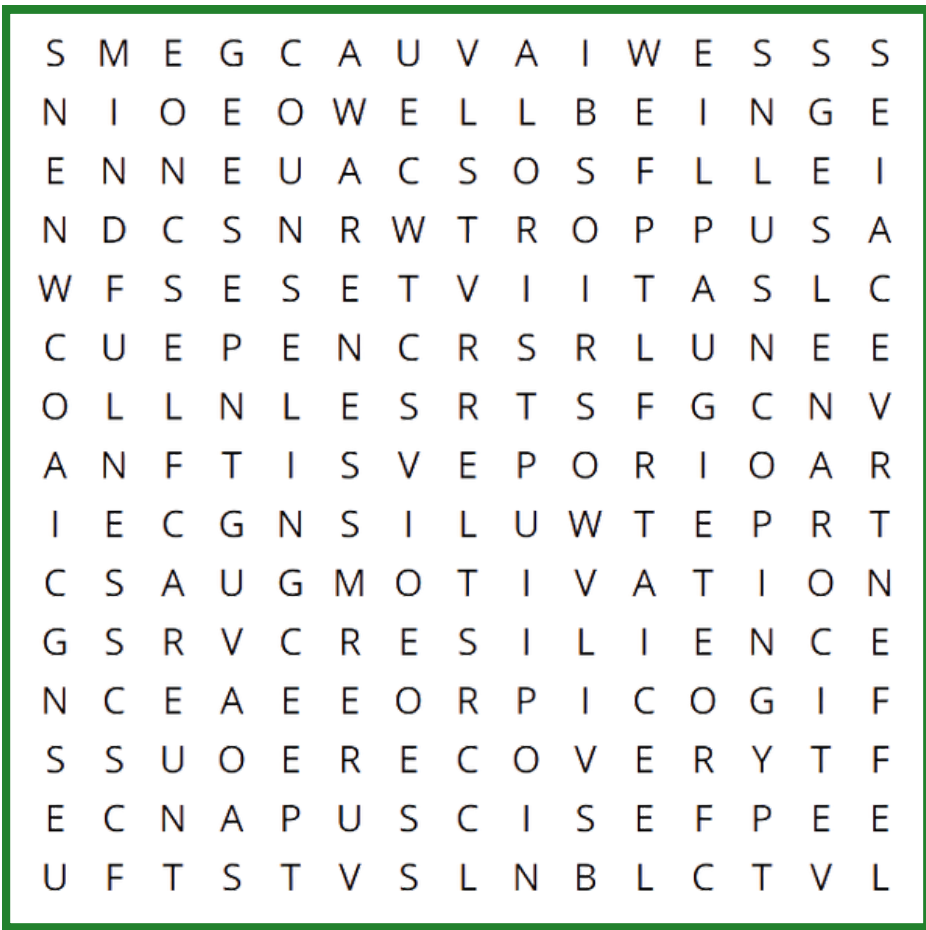
Any items left for two (2) consecutive weeks will be removed by maintenance and disposed of at the dump.

You are also responsible to pick up any and all glass or metal that is in your yard. This is a safety hazard to our maintenance staff and for your neighbors.

Please remember to bring your trash can back to your unit after it has been picked up to avoid additional charges by maintenance returning it for you.



This is your friendly reminder that tampering with your smoke alarm is a lease violation.



- Awareness
- Coping
- Counseling
- Motivation
- Recovery
- Resilience
- Self Care
- Support
- Well Being



The Housing Authority of
 Madisonville Board is looking for a
 Resident Commissioner!

YOU CAN PAY RENT ONLINE!
 SCAN QR CODE WITH YOUR PHONE!

Just a reminder to all tenants, you can pay your
 rent online.

If you have any troubles making an account, please
 stop by the office and someone will gladly help you.

**Your
 VOICE
 MATTERS**

**Come join the
 Resident Advisory
 Council**



CARIS COUNSELING Therapeutic

After School Program

Transportation Provided | FREE with Medicaid

Ages 8-12



For Youth Who:

- Frequent school discipline issues
- Risk of alternative placement
- Behavioral health hospitalization history or risk
- CPS involvement
- School safety plans or evaluations
- Ongoing disruptive behavior
- Self-harm or suicidal ideation
- Risk of out-of-home placement



What We Provide:

- Daily therapeutic support
- Emotional regulation skill building
- Structured behavior intervention
 - Crisis stabilization support
 - Social skills development
 - Life skills training
- Collaboration with schools & caregivers

Life Skills Training:
Laundry, Dishes,
Conflict Resolution,
Learning to hear "no",
and Manners

📞 270-681-2273
📞 270-681-0231
📍 744 Princeton Rd
Madisonville Ky 42431

31 MORE GOOD DAYS together

3

Journaling can help you process your experiences. Grab some paper or a [nice new journal](#) and notice how you feel when you're done.

4

What causes matter to you? Think of one way you can [support these causes](#), whether it is with your time, donations, etc.

5

Check in on your own mental health. Take a mental health test at [mhascreening.org](#). It's free, anonymous, and confidential.

6

[Affirmations can improve people's overall well-being](#). Pick a supportive phrase and repeat it today, like "I can grow at my own pace."

7

Pause and name what you're feeling right now. [Labeling emotions](#) can help you respond with care.

8

"Comparison is the thief of joy."
- Theodore Roosevelt
Take time to unfollow one social media account that makes you feel "less than."

9

We all face tough times at some point. [Try finding one small positive or lesson in a hard situation](#) you've been through recently.

10

Mother's Day can bring many emotions. Pause and notice what your body and mind need today, and make time to care for your whole self.

11

Try one new [sleep habit](#) tonight — set a bedtime for the rest of the week or turn off screens early.

12

Most of us know there are things we could do to be healthier or happier. [What change would you like to make?](#)

13

[What you put into your body affects how you feel and function](#). Drink a full glass of water before caffeine, or aim to eat one "whole" food item today.

14

Move your body for 10 minutes today — walk, stretch, or dance. [Even small movements can boost mood](#).

15

Today is Mental Health Action Day! Check out [mhanational.org](#) to find out more about how you can support mental health advocacy efforts.

16

Listen to your body today. Many people have [physical signs of stress without realizing they might be connected to their mental health](#).

17

Think about a time when you've felt like you belonged. [Reflect on connections](#) that matter to you and set one small goal to support your social life.

18

At some point today, ask one person, "What's one small thing you're looking forward to tomorrow?" Now you're both looking for a "good day."

19

Spend a few minutes playing or relaxing with a pet today. [Animals can help ease loneliness and stress](#), along with other mental health benefits.

20

Busy schedules and long distances can make [friendships as adults](#) look different than when you were younger. Send a text or call a friend today just to check in.

21

Take one step to [advocate for mental health today](#) — share a resource, contact a policymaker, or join an effort near you.

22

Helping others reminds us that we are caring, that we aren't alone, and that we have the power to make things better. Consider [giving to MHA](#) today.

23

[Look for connection](#) through hobbies, sports, faith, or online groups with shared interests. Finding your people can help protect against loneliness.

24

Look for something vast, old, or detailed in nature. [Exploring connection to something outside of ourselves](#) can calm our minds.

25

Memorial Day: [Spend some quality time with yourself](#). Find some quiet time for reading, walking, or just being alone for a bit to help you relax and recharge.

26

Set aside 15 minutes to [try out a new hobby or rediscover one](#). Making art, writing, gardening, or engaging with music can support good mental health.

27

We all can use a little help with our mental health from time to time. [Explore which practices, treatments, or supports are the best fit for you](#).

28

Choose one small thing that helps you feel more like yourself today and wear it proudly. [Even small choices can boost confidence](#).

29

[Make a gift](#) or share [MHA's mission](#) with someone in your network before Mental Health Month ends. Your support helps MHA reach others.

30

Listen to one song that used to be your "anthem" and pay attention to the lyrics. How does it make you feel now? Is it worth putting back on your playlist?

31

Working toward more good days for a whole month is a big achievement! [Treat yourself](#) to celebrate your efforts and keep the momentum going.



Scan to view the calendar online

Get more information and resources.
[mhanational.com/may](#)

Good Days

Use this space to track how many good days you have this month.

1
Take time to notice [what brings you pleasure, peace, and pride](#). It can help you feel more grounded when the world feels out of control.

2
Searching for big positive moments can sometimes feel hard. Start small and list three ordinary things that happened today that were simply okay.

3
Pause and name what you're feeling right now. [Labeling emotions](#) can help you respond with care.

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AFFIRMATIONS FOR MORE GOOD DAYS AND WHY THEY WORK

Affirmations are statements you say or think to yourself that reinforce what matters to you and who you want to be. They remind you that you are strong and help you focus on your values and on what makes you feel calm and confident.

Affirmations aren't just about positive thinking. They help your brain focus on what matters most, so stress feels less overwhelming, and you become more resilient over time. [Studies on affirmations](#) have found that they can improve people's overall well-being, help them feel better about themselves, and reduce anxiety. On top of that, the effects of affirmations are immediate and long-lasting.

Try some of the affirmations below to support more good days and get through the hard ones.

I am capable of finding a community that protects, affirms, and celebrates me. I will not allow past experiences to block me from the connection that I deserve.

When I slow down and take notice, I am inspired by my resilience, strength, and intelligence.

My feelings are designed to communicate needs that I may not notice otherwise. I can reflect on them with curiosity instead of shame and discover new pathways to brighter days.

I give myself permission to experience the best things about today in a present and grounded body.

I trust my inner wisdom to lead my decisions today.

I have the power to practice daily routines that nourish my physical and mental health. As I do so, I won't forget that rest, connection, and stillness are pivotal pieces of those routines. .

I will continue to imagine a world where my needs and wants are a priority. I refuse to shrink myself because living an authentic life is a gift to myself and others.

My creativity is fueled by rest and connectedness. I have the capacity to surprise myself, and my imagination deserves space to play.

I am committed to discovering or creating spaces that honor every aspect of me. I deserve to bask in the joy of being seen, affirmed, and loved fully.

If having good days feels hard, know that help is available and that you are not alone. Check on your mental health with a free, quick, anonymous test at mhascreening.org.

Explore additional resources and tools for more good days at mhanational.org/may.

HOW TO FEEL BETTER ABOUT YOURSELF: SIMPLE STEPS BACKED BY SCIENCE

It is hard to have a good day if you don't feel good about who you are. But when it feels impossible to face the day, remember that feeling better about yourself is a process, and you deserve grace and compassion.

Make little choices for big impact

When everything feels beyond your control, noticing what you can influence is important for your well-being. Research shows that when you feel like you're doing something because you want to, you feel better. Small things, like deciding where to go for lunch or how you'll do your hair, can give you a sense of control that can make you feel a little better when things are hard.

For instance, you may not think much about your daily clothing choices, but research shows they can be powerful in shaping how you feel about yourself. The colors, textures, or styles that you choose can help you feel more comfortable and confident as you go about your day, and can even help you perform better at work. You can also use what you wear to show the causes you care about, helping you tell the world around you who you are and what matters to you.

Help others for your health

One way to help yourself feel better is by helping others. Research shows that social behaviors like helping a friend, volunteering in your community, or giving to a cause you care about can trigger the release of oxytocin in your brain. Oxytocin is a chemical messenger that helps you feel good and is sometimes called "the love hormone." It also lowers stress, reduces pain, and is good for your heart. Helping others reminds us that we are caring, that we aren't alone, and that we have the power to make things better.

Simple steps

Complete the following sentences:

When I wear _____
(specific outfit/accessory/article of clothing/hairstyle), I feel comfortable and safe.

When I wear _____
(specific outfit/accessory/article of clothing/hairstyle), I feel in charge.

When I wear _____
(specific outfit/accessory/article of clothing/hairstyle), I feel most like myself.

Simple steps

Practice a random act of kindness, such as holding a door open for someone, giving a sincere compliment (or a positive online review), or checking in on an elderly neighbor.

Consider giving to MHA, volunteering with a Mental Health America affiliate in your area, or getting involved with another local community organization.

Flip the script on negative self-talk

On tough days, you might notice that you're being extra hard on yourself. But beating yourself up when things aren't going your way usually makes things worse. Instead of being mean to yourself, try talking to yourself the same way you would talk to a friend who is struggling. Be kind and patient.

Research shows that people who were kind to themselves were less likely to avoid their problems and more likely to do things to make themselves happy, leading to fewer depressive symptoms. Additional research shows that self-compassion can also help reduce stress and anxiety.

Even small changes can be hard sometimes, so be patient with yourself as you take these simple steps. Every time you choose to be kind or express who you really are, you are building the strength to handle whatever comes your way.

Simple steps

If you find it hard to be kind to yourself, try MHA's Changing Thoughts tool to help you reframe negative thinking.

Check out these affirmations for more good days and to remind yourself of your power.

If having good days feels hard, know that help is available and that you are not alone.

Check on your mental health with a free, quick, anonymous test at mhascreening.org.

Explore additional resources and tools for more good days at mhanational.org/may.

RESOURCE LIST

Below, you'll find a list of resources to support you or a loved one in caring for your mental health and well-being. This list includes crisis support resources, Mental Health America resources, and other wellness resources.

Crisis and immediate support resources

988 Suicide & Crisis Lifeline provides free, 24/7, and confidential emotional support to people in suicidal crisis or emotional distress. Call or text 988 to be connected with a trained crisis counselor. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, 988 Lifeline counselors are available to support you. 988lifeline.org

Crisis Text Line provides free, 24/7, confidential, text-based mental health support and crisis intervention for people experiencing stress, anxiety, loneliness, bullying, substance use, self-harm, suicidal thoughts, and more. Text "HOME" to 741-741 to be connected with a crisis counselor. crisistextline.org

211 Helpline can connect you with information about local resources and services in your community. It is free, and available 24/7. If you need assistance finding food, paying housing bills, accessing free childcare, or other essential services, dial 211 to speak to someone who can help. 211 is run by the United Way. 211.org

Caregiver Action Network's Help Desk offers free, confidential support to caregivers and is staffed by experts who can help support you on your caregiving journey. Contact the Caregiver Help Desk by dialing 855-227-3640. caregiveraction.org/helpdesk

Childhelp National Child Abuse Hotline provides free, 24/7, and confidential support for those concerned about or affected by child abuse. If you or a child you know is being hurt or doesn't feel safe at home, call or text 1-800-422-4453 or start an online chat at childhelp.org.

Disaster Distress Helpline is a national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters. samhsa.gov/find-help/helplines/disaster-distress-helpline

National Domestic Violence Hotline provides free, 24/7, and confidential support to survivors of domestic violence so they can live their lives free of abuse. If you're experiencing domestic violence, looking for resources or information, or are questioning unhealthy aspects of your relationship, call 1-800-799-SAFE (1-800-799-7233) or text "START" to 88788. thehotline.org

Naseeha Mental Health is a mental health helpline that answers calls from around the world from Muslims and non-Muslims. Call 1-866-627-3342 for 24/7 help. naseeha.org

Partnership to End Addiction helpline provides free and confidential support to anyone playing a supportive role in the life of a child who is struggling with substance use. Text CONNECT to 55753 to contact a specialist or schedule a call at drugfree.org/article/helpline-get-one-on-one-help/.

Physician Support Line is a national, free, and confidential support line service made up of 600+ volunteer psychiatrists to provide peer support for other physicians and American medical students. Call 1-888-409-0141 or visit physiciansupportline.com.

StrongHearts Native Helpline is a free, 24/7, confidential, anonymous, and culturally appropriate domestic and sexual violence helpline for Native Americans and Alaska Natives. Call or text 1-844-7NATIVE (1-844-762-8483) or chat with an advocate online at strongheartshelpline.org.

Teen Line provides free and anonymous support, resources, and hope to youth through a hotline of professionally trained teen counselors, and works to de-stigmatize and normalize mental health through outreach programs. Call 800-852-8336 or Text "TEEN" to 839863. didihirsch.org/teenline

The Trevor Project offers free, 24/7, and confidential crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning youth. Contact a trained counselor at 1-866-488-7386, text "START" to 678-678, or start an online chat at thetrevorproject.org/get-help.

Trans Lifeline Hotline is a free, confidential, and anonymous peer support phone service run by trans people for trans and questioning peers. Call 1-877-565-8860 for U.S. and 1-877-330-6366 for Canada. translifeline.org/hotline

Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Open 24/7 – dial 988 then press 1, or text 838255. veteranscrisisline.net

Warmlines are peer-run phone lines for people who need support but are not in crisis. Warmlines are staffed by people with lived experience of mental health challenges, and are free to call, confidential, and focused on prevention. To find a warmline in your state, visit warmline.org.