

Three Rivers Health District Newsletter



World Mental Health Day

[World Health Organization:](#)

This World Mental Health Day, WHO is uniting with partners to highlight the vital connection between mental health and work. Safe, healthy working environments can act as a protective factor for mental health. Unhealthy conditions including stigma, discrimination, and exposure to risks like harassment and other poor working conditions, can pose significant risks, affecting mental health, overall quality of life and consequently participation or productivity at work. With 60% of the global population in work, urgent action is needed to ensure work prevents risks to mental health and protects and supports mental health at work.

It is essential for governments, employers, the organizations which represent workers and employers, and other stakeholders responsible for workers' health and safety to work together to improve mental health at work. Action to address mental health at work should be done with the meaningful involvement of workers and their representatives, and persons with lived experience of mental health conditions. By investing efforts and resources in evidence-based approaches and interventions at work, we can ensure that everyone has the opportunity to thrive at work and in life. Let's take action today for a healthier future.



COVID-19 & Influenza Vaccination

The Three Rivers Health District is now offering the 2024-2025 COVID-19 vaccine and the influenza vaccine as we begin the Fall season. To schedule an appointment for vaccination, please call your local health department.



Clinic Schedule

FAMILY PLANNING

- ESSEX - 10/3, 10/16
- GLOUCESTER - 10/10, 10/31
- KING & QUEEN - 10/9, 10/30
- KING WILLIAM - 10/9, 10/30
- LANCASTER - 10/8
- MIDDLESEX - 10/15
- MATHEWS - 10/15
- NORTHUMBERLAND - 10/1, 10/29
- RICHMOND CO - 10/1, 10/29
- WESTMORELAND - 10/2, 10/16

IMMUNIZATION

- ESSEX - 10/7, 10/21
- GLOUCESTER - 10/4, 10/18, 10/25, 10/30
- KING & QUEEN - 10/1, 10/16
- KING WILLIAM - 10/2, 10/23
- LANCASTER - 10/1, 10/15
- MATHEWS - 10/1, 10/15
- MIDDLESEX - 10/7, 10/28
- NORTHUMBERLAND - 10/8, 10/22
- RICHMOND CO - 10/1, 10/22
- WESTMORELAND - 10/7, 10/21

WOMEN, INFANT AND CHILDREN (WIC)

IN-PERSON CLINICS

- ESSEX - 10/4, 10/8, 10/11, 10/15, 10/18, 10/22, 10/25, 10/29
- GLOUCESTER - 10/4, 10/7, 10/8, 10/11, 10/15, 10/18, 10/21, 10/22, 10/25, 10/28, 10/29
- KING WILLIAM - 10/3, 10/10, 10/17, 10/24, 10/31
- LANCASTER - 10/2, 10/9, 10/16, 10/23, 10/30
- MIDDLESEX - 10/3, 10/10, 10/17, 10/24, 10/31
- NORTHUMBERLAND - 10/7, 10/21, 10/28
- RICHMOND CO - 10/2, 10/9, 10/16, 10/23, 10/30
- WESTMORELAND - 10/7, 10/8, 10/15, 10/21, 10/22, 10/28, 10/29



Stroke Awareness

Stroke is one of the leading causes of death in the United States and a leading cause of serious long-term disability. Having high blood pressure, high cholesterol, smoking or use of tobacco products, and being obese greatly increases the risk of stroke. Exercise, eating healthy, and limiting stress can help prevent stroke. Response time to during a stroke is crucial to the treatment and outcomes physically and cognitively. Recognizing the signs and symptoms of a stroke can help act quickly and lessen time for emergency care. Here is a easy way to respond to common signs of a stroke with the acronym F.A.S.T:

- F = Face drooping: Ask the person to smile. Does one side droop?
- A = Arm weakness: Ask the person to raise both arms. Does one arm drift downward?
- S = Speech difficulty: Ask the person to repeat a simple sentence. Are the words slurred?
- T = Time to call 9-1-1: If the person shows any of these signs, call 9-1-1 immediately. Stroke treatment can begin in the ambulance.

Three Rivers Health District Office Closure - October 11

The Three Rivers Health District will be closed on Friday, October 11th for an all day employee training event. For any customer needs regarding permit applications, payment, appointment scheduling, or vital records please contact your local health department before or after October 11th..



National Prescription Drug Takeback Day

National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. Scan the QR code to find locations dispose of unwanted pharmaceuticals.



Contact Us



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