



MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES



May 2025

MONTHLY HEALTH Newsletter

WWW.MERIDENHEALTH.COM

CONTACT INFO

165 Miller Street
Meriden, CT 06450

(203) 630-4226

Monday-Friday
8:00 AM - 4:30 PM

Clinical Services

(203) 630-4234

Environmental Health

(203) 630-4226

Public Health Education

(203) 630-4288

School Readiness

(203) 630-4222

Youth Services

(203) 639-5058

Public Health Emergency Preparedness

(203) 630-4221

School Health

(203) 630-4223

Senior Center

22 W Main St
(203) 237-0066

MAY IS MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month. According to the National Institute of Medicine, nearly 1 in 5 Americans live with a mental health condition. It is important to remember that you are not alone. The 988 Lifeline is available 24/7/365 for those who are facing mental health struggles, emotional distress, alcohol or substance use concerns, or if you just need someone to talk to.



Text 988



Call 988



Chat www.988lifeline.org/

UPCOMING MENTAL HEALTH TRAININGS

Naloxone/QPR Suicide Prevention Training

May 6th 6:00 - 7:30pm @ Meriden Public Library (105 Miller St)

Virtual Adult Mental Health First Aid

May 14 & 15th (must attend both days) 9:00am - 12:00pm Via Zoom

QPR Suicide Prevention Training

May 20th 11:00am - 12:00pm @ Meriden Dept. of Health & Human Services (165 Miller St)

If you are interested in any of our trainings please contact our Public Health Educator at (203) 630-4288 or edemerchant@meridenct.gov to register.



Interested in a QPR (Question, Persuade, Refer) Suicide Prevention or Mental Health First Aid Training?

Our office can provide a QPR or Mental Health First Aid training FREE of charge for your organization/agency in Meriden. These trainings would be a great addition to your professional development or staff onboarding process.

Call our Public Health Educator at (203) 630-4288 for more information!

SPRING IS HERE, AND SO ARE MOSQUITOES!

Follow the 4 D's to avoid mosquito bites:

DEET: Whenever outside, use insect repellent that contains DEET.

Dress: Wear long, light colored clothing.

Drain: Drain any standing water outside where mosquitoes may lay their eggs.

Dawn/Dusk: Limit your time outdoors when mosquitoes are most active.

To learn more about mosquito prevention visit:

<https://www.cdc.gov/mosquitoes/>



Spring cleaning?

Cleaning out those medicine cabinets and have expired or unwanted medication? Take it to the medication drop box located in the main lobby of the Meriden Police Department at 50 West Main Street. We also have medication disposal bags at 165 Miller Street.

KINDERGARTEN REGISTRATION 2025-2026 SCHOOL YEAR

Will your child be 5 years old by September 1, 2025? If so, your child is eligible to register for Kindergarten for the 2025-2026 school year!

To start the registration process, please visit the Meriden Board of Education's Central Registration website: <https://www.meridenk12.org/parents/registration/>.

Part of the registration process is meeting the State of Connecticut's health requirements. This includes:

- A physical examination within 12 months before the first day of school (August 27, 2025) AND
- A copy of the child's immunization record.

For specific questions about health requirements, please contact our Public Health Clinic at (203) 630-4234.



SAVE A LIFE DAY RECAP

Thank you to everyone who participated in Save a Life Day on April 9! Collectively, 18 local health departments/districts across the state trained over 200 people and distributed over 200 kits!

Our next Naloxone training is May 6, 2025 9:00 - 10:00am at 165 Miller Street. Call (203) 630-4288 to register.



TEDDY BEAR CLINIC RECAP

We had 20 children attend our Teddy Bear Clinic at the library! They enjoyed learning about how to give their stuffed animals check ups with our Public Health Nurse, Interim Clinic Supervisor, and Associate Director of Health. Our School Readiness Coordinator also joined us to offer resources about our school readiness program for children ages 3-5 years old.

If your child is in need of vaccines for school or if you have questions about our Clinic services please call (203) 630-4234. If you are interested in our School Readiness program please call our Coordinator at (203) 630-4222.



UPCOMING EVENTS



- Daffodil Festival May 3rd staff will be there 9:00am - 4:00pm offering Naloxone training, information on our public health and human service programs, giveaways, and more. Marley the Meriden Lion will also be there!
- Meriden Senior Center Health Fair May 7th 9:00 - 11:30am at 22 West Main Street. Parking is on Hanover Street.



www.meridenhealth.com



City of Meriden Health & Human Services Department

