



MESSAGE FROM THE CHAIR

It has been great to see so many new faces join us at our open meetings over the last few months. We have seen a very engaged group of members gathering to exchange

ideas and brainstorm innovative ways of connecting all of the energy and enthusiasm into multi-District global grants, club District grants, speaking engagements at Rotary clubs around the world and growing our membership. Members have joined from Hawai'i to South Africa and many points in between. It has been wonderful and heart-warming to hear what so many clubs are doing or investigating regarding mental health.

Are you traveling to Houston for the Rotary International Convention? As can be seen later in this newsletter, we are looking for volunteers to help man our stand in the House of Friendship. We also look forward to gathering with members of all Rotary Action Groups not only in the House of Friendship but also at the Houston Aquarium. Details of this are also to be found later in this newsletter.

Keep up the great work you are all doing.

Bonnie



Don't forget that our Action Group has a WhatsApp group that has been set up to share ideas and messages amongst each other.

If you are not already on it and wish to be on it, please let Hauwa or Darren know so that they can add you to the group or click on the link below:

<https://chat.whatsapp.com/B9lgzfBTZU6Y9bzhXcTZw>

ROTARY ACTION GROUP BOARD

Chair – Bonnie Black (Plattsburgh RC, USA)

Vice-Chair – Geetha Jayaram (Howard West RC, USA)

Secretary – Edouard Carignan (Henniker NH USA)

Treasurer – Bob Anthony (Naples RC, USA)

Membership Dir – Hauwa Abbas (Abuja Metro, Nigeria)

Programs Director – Rita Aggarwal (Nagpur RC, India)

Member-at-Large – Larry Kubiak (Tallahassee RC, USA)

Member-at-Large – Darren Hands (Roborough RC, UK)

DAGMHI RID 3030 collaborates with MUMBAI COASTLINE RID 3141

A Mental Health Awareness Seminar was hosted by RC Mumbai Coastline who are keen to have their own district chapter on mental health in RID 3141.

Director RAGMHI and District Chair Rita Aggarwal briefed everyone about Rotary Action Groups in general and RAG Mental Health Initiatives in particular. **Dr. Aabha Pimprikar, President DAGMHI** informed everyone about how DAGMHI was formed, how it works and how to register district chapters.

Rtn. Mike Veny (RC Wall Street NY USA) who is a leading mental health speaker spoke about “Transforming Stigma on Mental Health”, where he shared his personal experiences and gave practical tips.

The seminar was attended by representatives of 15 clubs from RID 3141 and some RAGMHI members from Hong Kong, Kenya, Nigeria.

President Abhay Bhatia from RC Mumbai Coastline welcomed and conducted the proceedings and Director Aditya Mehta coordinated the event.

Transforming the stigma on Mental Health - Mike Veny.



Support for Ukraine

With the recent events in Ukraine, Rotarians around the world have been come to the fore, offering aid and support. Members of our Action Group have not been excluded in this. Rotarians in the UK who have been working on developing a partnership with Bipolar UK have developed a guide, detailing where mental health support services can be found within the UK and with help from Ukrainian Rotarians, this has been translated into Ukrainian for refugees, escaping the war who have relocated to the UK.

As part of this endeavour, images featuring Rotarians from the Ukraine have also been translated.

In Lithuania, one of several countries that Ukrainians have sought refugee, RAG member Vyngintas Grinis presented proposals of a Global Grant to provide psychological help for families of refugees.

This grant included three activities. 1) Preparation of agreement with a group of psychologists; 2) Psychological consolations for refugees; 3) Report about results and search for opportunities to continue services.

Some of our Action Group members who have friends in Rotary Clubs in Ukraine have also been keeping in touch with their fellow Rotarians which has been much appreciated by those Ukrainians and their countrymen.



Rotary and Clubhouse International: A Perfect Partnership!

Clubhouse programs are psychiatric rehabilitation communities that provide educational, vocational, and social services to adults with mental illness. Clubhouses are in more than 30 countries. Rotary Clubs are finding ways to partner with Clubhouses by “adopting” these programs and building relationships with them. Please check out www.clubhouse-intl.org to learn more about Clubhouses and view the International Clubhouse Directory for a Clubhouse near you.

Kathleen Merriam, Former International Director at Fountain House, NYC

Assistant Governor, D5000, Hawaii

K.merriam@live.com



RAGMHI member Mike Veny will be known to many of us. Through his website/blog, Mike provides a number of great guides to tackle mental wellness issues. The links to some of these can be found below...

Daily Habits To Help With Anxiety - [Daily Habits To Help With Anxiety \(mikeveny.com\)](http://Daily Habits To Help With Anxiety (mikeveny.com))

Simple Ways To Boost Mental Health While Working From Home - [Simple Ways To Boost Mental Health While Working From Home \(mikeveny.com\)](http://Simple Ways To Boost Mental Health While Working From Home (mikeveny.com))

4 Ways to Promote Mental Safety in the Workplace - [4 Ways to Promote Mental Safety in the Workplace \(mikeveny.com\)](http://4 Ways to Promote Mental Safety in the Workplace (mikeveny.com))

Stress Busting Tips You Need This Week - [Stress Busting Tips You Need This Week \(mikeveny.com\)](http://Stress Busting Tips You Need This Week (mikeveny.com))

3 Ways To Encourage Well-Being In Your Employees - [3 Ways To Encourage Well-Being In Your Employees \(mikeveny.com\)](http://3 Ways To Encourage Well-Being In Your Employees (mikeveny.com))

Consider yourself an Ambassador for our Action Group!

Have you considered having a stand at your District Conference to promote RAGMHI and the work we do? Here are some District Conference or Zone Conference Tabling Suggestions

- Contact your Conference Chair to receive the requirements to exhibit at the event.
- Arrange for a table at your Conference and check to see if they are going to provide a tablecloth. If not, get yourself an inexpensive one as you'll only need it for this event for a couple of days.
- Assure you have the general handout regarding the Rotary Action Groups at the table as many Rotarians, especially newer members, do not know much about these. You can find the most up-to-date version at the bottom of the page under *Resources*: [Rotary Action Groups | My Rotary](#)
- Definitely have a few of our *Toolkits* on your table from our website. These are the quick introductions to Clubs to help them take action. Many integrate Interact and Rotaract, too!
- Have at least the latest edition of our *Newsletter* and perhaps a sample of a *District Chapter Newsletter* to illustrate the breadth of our Action Group.
- Peruse other sections of our website as well as our *Documents* section of our website as some may be very relevant to your Conference's theme and Strategic Plan.
- Promote membership in our Action Group by collecting business cards of those in attendance who might be interested in receiving the next Newsletter or have a notebook with pen to take down their names, districts, emails and phone.
- Forward the Name, Email, District and Phone information to our Membership Chair (email link is on the Home Page of our website).
- We encourage a laptop to be present (most exhibits are NOT secure, though) for online Member registration as well as running a loop of various videos from the RAGMHI website.
- Donations *cannot* be solicited at your table unless you have received prior written authorization from your District Chapter or the RAGMHI Board for a specific mental health project.

If you have any questions after gathering this information for your table, please email:

info@ragonmentalhealth.org

Proud moment for RID 3030

Rotary celebrated Rotary Day with UNICEF on 25-26 March 2022.

'How do we create a safe and more resilient world for girls?'

Interactor Miss. Sara Pimprikar from RID 3030 participated as a panellist (virtually) on 25th where she spoke about Mental Health.

She was selected by RAGMHI (Rotary Action Group on Mental health initiatives) as a mental health ambassador from a large group of contenders from India & abroad! This was because of her involvement as an Interactor of Wisdom High International School - Govardhan Nashik & as a social media content developer for DAGMHI (District Action Group on Mental health initiatives) RID 3030 India.

Thus, she represented RAGMHI, DAGMHI RID 3030 India, Rotary District 3030, Rotary Club of Nasik (her Parent club), Rotary Club of Nasik Grapecity as an Annet & of course our country.

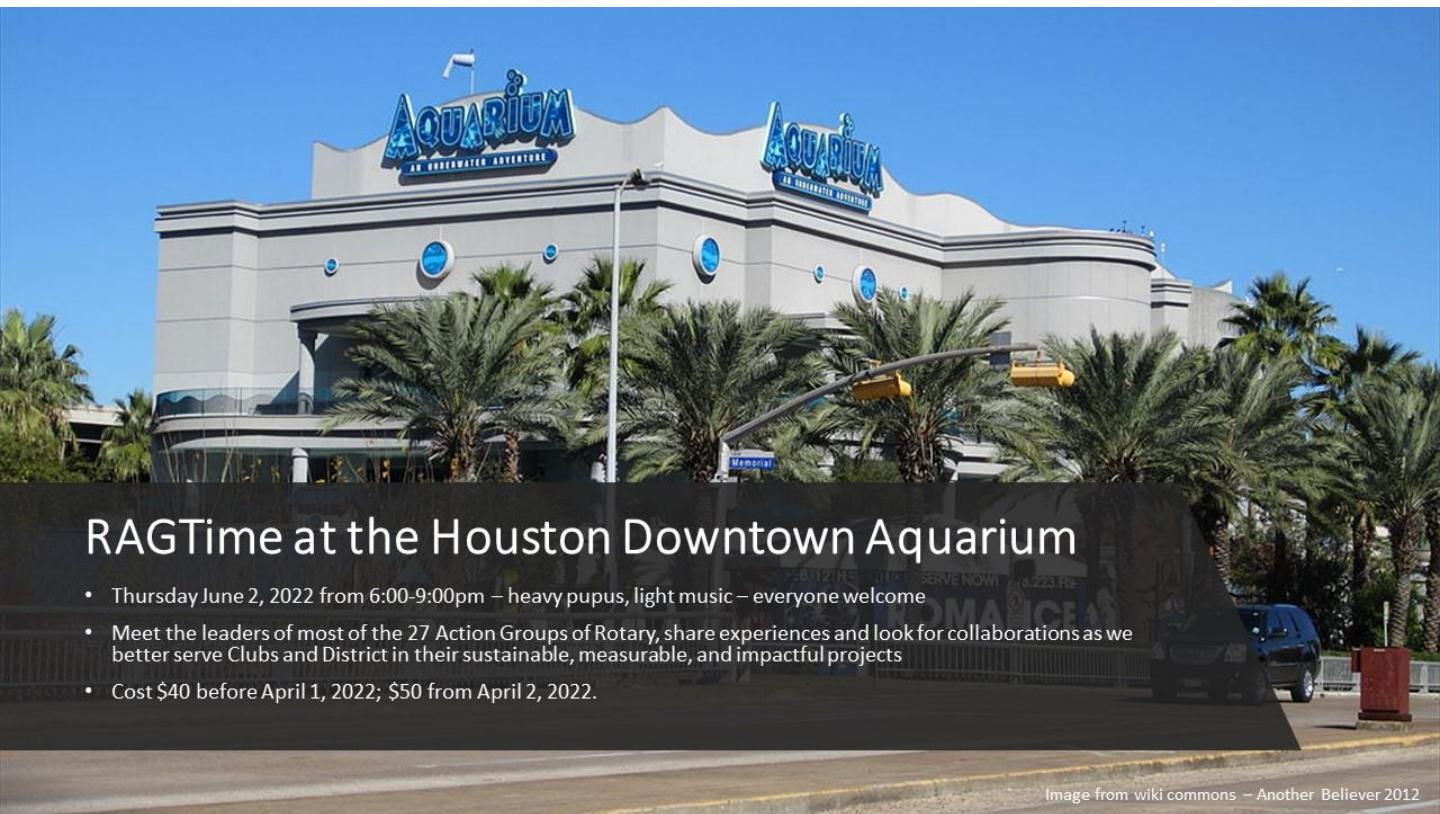
The session was moderated by Dr Zeinab Hijazi, Senior Mental Health Technical Advisor, UNICEF. Sara shared the dais with Gary Shaughnessy, Chair of the Z Zurich Foundation Board.

It was also a moment of joy & happiness as she shared the dais with the UNICEFs Executive Director Mr. Omar Abdi & the current Rotary International President Shekhar Mehta who also is an Indian.

Apart from mental health, there were panel discussions on Girl's Education, WASH / Menstrual Health & Hygiene, Preventing violence & exploitation. The aim was to educate the audience on the current situation & the practical solutions that address the issues.

-Rita Aggarwal.





RAGTime at the Houston Downtown Aquarium

- Thursday June 2, 2022 from 6:00-9:00pm – heavy pupus, light music – everyone welcome
- Meet the leaders of most of the 27 Action Groups of Rotary, share experiences and look for collaborations as we better serve Clubs and District in their sustainable, measurable, and impactful projects
- Cost \$40 before April 1, 2022; \$50 from April 2, 2022.

Image from wiki commons – Another Believer 2012

RAGTIME AT HOUSTON AQUARIUM MAY HAVE TO BE CANCELLED IF....

For the past three months we have been promoting RAGTIME to the membership of our Action Group with the opportunity to participate on Thursday evening, June 2nd at an event arranged by the leadership of ESRAG and extended to the entire 27 RAGS to come together for networking and fellowship at the Houston Aquarium. This is the night before the Presidential Peace Conference and the Water Summit. Hopefully the attendance at these two functions and others cause sufficient numbers to be in Houston and generate sufficient numbers to create a successful event.

ESRAG has a contract with minimums. To date relatively few have signed up on the DNA RAG website for this event (emembersdb.com)!

We are requesting that you consider joining us as well as the other Action Groups in this outstanding venue. Each Action Group is looking to have a minimum of 10 join the event....please let me know, if you have registered or plan to register so I may communicate that by Friday to the organizers.

Hoping to see many of you join our Board and other members in Houston!

Yours in Rotary Service,

PDGBonnie, Chair, RAG on Mental Health Initiatives

HOUSE OF FRIENDSHIP

The House of Friendship will be open between June 4th – June 8th at the George R. Brown Convention Center in Houston, Texas.

It is a requirement that as a Rotary Action Group that we have a stand here, but to maximise it's effect, we need YOU to help man it. If you are going to convention, can you spare some time to help on the stand? Members of the RAGMHI will be emailed shortly asking for assistance.

On each of the days we will need volunteers between 8.45-10.00, 10.00-12.0, 12.00-2.00, 2.00-4.00 and 4.00-6.00 – except during plenary sessions and our breakout session. Please help if you can.

ANNUAL MEETING OF RAGMHI

Our Annual Meeting will be on Sunday 5th June, from 12:30pm to 2pm (Central Time Zone – local time in Houston) in Room 381A at the RI Convention. For those who are not able to make it to Houston, the Zoom link for our Annual Meeting will be: <https://us02web.zoom.us/j/89771035245?pwd=ekpPcmZSRFRwajNnWllqZ1k3bTlpdz09>