World Health Day Spotlights Depression By Laura Greenstein | Apr. 05, 2017

According to The World Health Organization (WHO), depression:

- has increased by over 18% between 2005 and 2015,
- is currently the number one cause of disability, and
- is predicted to be the number one global burden of disease by 2030.

For these reasons, WHO put a spotlight on depression for their World Health Day, April 7th. Depression front-and-center—recognized and taken seriously.

“NAMI is so excited to build on the work of WHO and be a resource for individuals, families and friends who are seeking information about depression” says Mary Giliberti, NAMI’s CEO. “We can help through our HelpLine, website, and support groups and classes in local affiliates.”

WHO’s goals for 2017’s World Health Day are to inform the public about depression, its causes and what help is available for prevention and treatment. WHO has been working towards these goals since 2016’s World Mental Health Day when they launched a one-year campaign about depression.

**Depression: Let’s Talk**

Depression is hard. There’s no changing that. But it can be made easier with treatment from a mental health professional and proper coping mechanisms. Many people who engage in treatment do get better. And that is the number we want to increase—not the global burden of disease.

“Depression can make you feel isolated and NAMI is here to let you know that you are not alone and there are a range of effective treatment options,” says Giliberti. The first step—as WHO’s theme states—is starting the conversation. The more people talk about depression and mental illness as a whole, the more normalized it becomes. In that way, we can reduce stigma.

“We all have our mental health and when we are having difficulties, having a conversation and reaching out for support can be lifesaving,” said Lauren Gleason, Director of Public Relations and Media at NAMI. “This year, World Health Day provides us all with an opportunity to have those conversations, and become informed and involved. Together, we can change how the world sees depression and mental health.”

In order to support this effort to raise awareness and educate others, share your depression story on Ok2Talk, post to social media informing people of World Health Day, get a depression screening if you have symptoms or encourage someone else to do so. You could be saving someone’s life.
Amish Corner

Through changes within our organization we have lost touch with our Amish community. NAMI strives to provide advocacy, education, support and resources to all individuals within Geauga County.

How can we better serve the Amish population?

Please, let us know what resources you are lacking and what services we can offer to your community. Call us at 440-286-6264, mail us a note or stop in at the office at 107 South St. #5, Chardon OH 44024. Everyone is welcome to visit our support group on Wednesday, April 26th at 7pm, where family and loved ones dealing with mental illness gather at the United Methodist Church at 14999 South State Ave, Middlefield. You are welcome to stay or just drop off your message.

Let's bridge the gap, let us know how we can better help you.

A reminder for those intending to renew their membership. In order to be counted for voting at the National Convention, memberships must be recorded before midnight April 22nd.

Have You Ever Stopped to Think About Why You’re a Member of NAMI?

Perhaps you joined NAMI when your family had its first experience with mental illness. Feeling scared, confused and hopeless as your child became more and more lost. Fortunately, you were not alone. You were introduced to NAMI and all that comes with it— amazing programs, dedicated volunteers, supportive community, workshops and conferences, publications and online resources and so many opportunities to improve your life and the lives of others affected by mental illness. Even though your family may be enjoying more peaceful times, we ask that you still keep your NAMI membership active and stay involved.

Won’t you please join us on our mission and become a member today?

___ $50 Sponsor ___ $35 Membership ___ $3 Open Door (financial need)

Mail Checks Payable to: NAMI Geauga County
107 South Street, #5 Chardon, Ohio 44024
Please include your full name, address, telephone and email address.
From the Desk of Elizabeth Johnson, Program Coordinator

Upcoming Training Opportunities

April 7-9 in Fremont, Ohio: Family-to-Family Education training to become a class facilitator.
April 8-9 in Middletown: Family Support Group Facilitator Training.
April 21-23 in Akron, Ohio: Family-to-Family Education training to become a class facilitator.
May 5-7 in Columbus: Peer-to-Peer Mentor Training.

CALLING ALL VOLUNTEERS!

What: Health Fair table volunteers
When: Friday, April 21 from 11-2
Where: Heather Hill Care Communities - 12340 Bass Lake Rd, Chardon OH
Why: To spread the NAMI message! Come and sit at a NAMI table, providing information and resources to health fair attendees.

To get involved, contact Elizabeth Johnson, Program Coordinator at 440-286-6264 or by email at ejohnson@namigeauga.org. For more information, visit our website at www.namigeauga.org

Volunteers Needed!

It’s almost Maple Festival time!

April 27 – 30 is the Geauga County Maple Festival and WE NEED VOLUNTEERS to assist at NAMI Geauga County’s table that will be set up in the main tent. Hand out program materials & sell raffle tickets while the kids play a game and win FREE prizes.

Contact Kelly at kbidlack@namigeauga.org or call our office 440-286-6264 to sign up. There are many shifts and dates available to fit your schedule.

CALL TODAY!

Volunteer Spotlight

Steve Lynch is one of our newest board members and has been volunteering with NAMI for the past year. Besides volunteering on the board, Steve also donates his time as a Family to Family Education Course facilitator and brings a wealth of experience. One of Steve’s passions is teaching, which he has been doing at the university level since the 1980’s. On his years of teaching, he reflects, “I learn more from my students then what I can convey to them. I love being a part of my students’ growth and helping nurture them to success. It reminds me that there are a lot of nice people out there.” He became a volunteer as an opportunity to give back and express his gratitude for the help received during his loved one’s crisis. In his free time, Steve loves hiking and is an active member of the Cleveland Hiking Club, which has led him on many travels. He can also be found reading and is currently enjoying a book of poetry recommended by his daughter. Steve wishes that everyone knew that NAMI was “the best source of support and community networking, plus, it’s free!” And fun fact...his favorite meal is meatloaf with horseradish.
**NAMI Family Support Group** is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

By sharing your experiences in a safe and confidential setting, you gain hope and develop supportive relationships. This group allows your voice to be heard, and provides an opportunity for your personal needs to be met. It encourages empathy, productive discussion and a sense of community. You’ll benefit through other’s experiences, discover your inner strength and learn how to identify local resources and how to use them.

**NAMI Geauga County NEW MEETING LOCATION:**

Beginning April 10th, Family & friends support group will meet **EVERY MONDAY** at 7pm at our NAMI Geauga Annex meeting room at 107 South Street, Chardon.

Family and Friends Support Groups will continue to meet the second Thursday of each month at 7:00 pm at the Geauga West County Library, 13455 Chillicothe Rd. Chesterland, as well as the fourth Wednesday of each month at the Middlefield United Methodist Church at 7:00 pm.

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**Live it, Feel it, Experience it! Come to life with S.T.R.I.V.E.**

Are you someone aged 18-28 wanting to make a difference with mental health in the community? Hang out in a judgement-free zone, make friends, have fun and support each other at monthly STRIVE activities.

**LET’S GO... VOLUNTEERING!!**

**Friday, April 28th at 6:30 pm**

**WomenSafe Inc.; 12041 Ravenna Rd, Chardon OH 44024**

WomenSafe provides emergency shelter and resources to survivors of domestic violence. Help us give back to the community by organizing and sorting donations. Plus, there will be... FREE FOOD!

- **Support** each other in struggles
- **Trust** one another with honesty
- **Remember** you are not alone
- **Invest** yourself
- **Venture** out and plan activities together
- **Encourage** each other to attend support groups

Contact Elizabeth to sign up today! 440-286-6264 or emailejohnson@namigeauga.org
Wellness Wednesdays!

1pm-2pm: Empower Hour! Refreshment and Relaxation with gentle exercises.

2pm-4pm: April Activity Schedule:
  5th: Easter & Spring Card-making
  12th: Games/Simple Basket making
  19th: Card Games
  26th: Sun catchers with Beads

Make and takes, Free of Charge
Donations accepted, Drop-ins Welcome, Registration appreciated. 440-286-6264

NAMI Crafters:
Meet the 1st & 3rd Wednesday 2-4pm

Create beautiful items to be sold as fundraising at various craft shows and NAMI Speaker Meetings.

CONGRATULATIONS to all our Family-to-Family education class participants who graduate April 20th! Over the 12-week period you have gained knowledge, insight and encouragement for yourself and your loved one dealing with a mental health condition. May you never give up hope!

For more information on upcoming Family or Peer Education classes, please contact Elizabeth at ejohnson@namigeauga.org

"We will walk the journey with you...."

NAMI Geauga County’s Upcoming Events:
Geauga County Maple Festival April 27-30
Speaker Meeting: WEDNESDAY, JUNE 14th
Annual Potluck Picnic, THURSDAY, JULY 13th
Miles for Mental Health Walk in SEPTEMBER

Please contact our office for more information

Please Visit: www.namigeauga.org
NAMI Geauga County offers support, education and advocacy to all who are affected by mental health conditions, including friends, families, teachers, coaches and clergy. We are fortunate in our county to have over thirty organizations providing a full range of community support services. At our support groups and educational classes, we often hear questions like, “Where can we find help?” and “What is out there?”

To help residents find the services they need and to help professionals identify, coordinate, and deliver services effectively, we have compile this directory providing information to help individuals and family members find the help they need.

The “What’s Out There?” booklet is now available in print form and may also be downloaded onto your computer or printed on your own on at:


NAMI Geauga County 107 South Street #5  Chardon, Ohio 44024
Jenn Bartone, Executive Director jbartone@namigeauga.org
Elizabeth Johnson, Program Coordinator ejohnson@namigeauga.org

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To Receive this Newsletter and other updates by email or regular mail,
Send your Full Name, Email Address and/or Mailing Address to
Kelly Bidlack, Administrative Assistant: kbidlack@namigeauga.org

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