

SEMINAR REGISTRATION NOW OPEN

NAMI Warren County, NJ and The Family Guidance Center are partnering to deliver mental health seminars to raise awareness in Warren County.

NAMI Family & Friends is a FREE seminar that informs people who have loved ones with a mental health condition how to best support them. It's also an opportunity to meet other people in similar situations and gain community support.

The seminar is led by trained people with lived experience



of supporting a family member with a mental health condition. They will walk you through the following topics:

- Understanding diagnoses, treatment and recovery
- Effective communi-

cation strategies

- The importance of self-care
- Crisis preparation strategies
- NAMI and community resources

Call now to register (908) 619-9619

Special points of interest:

- Free, confidential, and safe educational program for family, friends, and caregivers of people living with mental illness.
- Learn in special exercises for problem solving, listening, and communication techniques
- "I have a better understanding of how mental illness impacts the person affected...it was nice to hear the stories of the instructors and their paths."

5 NEW YEARS RESOLUTIONS FOR MENTAL HEALTH

WWW.NAMI.ORG/BLOGS/NAMI-BLOG/

Every New Year, we think about what we can do to better our lives and ourselves as we start our new calendar. This year, think about what you can do on a regular basis to

better your mental health. Here are a few options to get started:

1. Stand Up to Stigma

Feeling ashamed and at fault for something that is out of your

control is a weight that no one should have to carry.

Stigma can be incredibly challenging to bear. You can help to

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THE CHELSEA AT WARREN

May 9 Scones fundraiser

Treat Mom and show her how much you love and appreciate her with scones for a Mother's Day brunch!

Pre-order elegant scones and pick them up before Mother's Day on Saturday, May 9th at The Chelsea at Warren

Orders will be taken starting April 18th. Assorted flavors, 2/\$4, 6/\$9, 12/\$16. Please check our website www.namiwarren.org after April 17th for how to order and pick-up your delicious scones.

Proceeds from this fundraiser support our efforts to advocate for policies that will improve the lives of people who live with mental illness and provide education and support programs to help individuals and families affected by mental illness.

Special thanks to The Chelsea at Warren for their partnership in bringing mental health education and awareness to our community.

SAVE THE DATE - JULY 16, 2020

You are invited to NAMI Warren County, NJ's annual meeting on Thursday, July 16th at 7:00PM - 8:30PM
Location TBA

The Executive Committee is excited to meet and get to know you. We are dedicated to advocating for you and your family.

Membership makes possible the educational and support programs that NAMI Warren County NJ provides for families, and individuals living with mental illness. Consider becoming a member or renewing your membership now, see page 7 of this newsletter.



Get ready for NAMI Walks September 2020

Every journey begins with that first step! Each year, families just like yours walk to raise awareness of mental illness and raise funds for the important work of NAMI, the National Alliance on Mental Illness.

- JOIN OUR TEAM** and walk with us
- SUPPORT US** by sponsoring one of our team members

NAMI Warren's Executive Committee would like to take a moment to thank all of the wonderful volunteers who helped make our events in 2019 possible. Volunteers come in all ways, shapes, and forms. To each and every one of you, who are reading this, and taking an interest in the work that we do, thank you.

Thank you for your compassion and your awareness, for seeing the need and responding. Thank you for sharing your skills and knowledge to help improve lives and educating our community on our services and bringing more awareness to our mission. Thank you for your patience, respect and perseverance. Thank you for your kindness, care and love.

Your support and effort are truly appreciated.



5 New Years Resolutions Continued from page 1

change society's way of thinking about mental health.

If someone is using language that you find offensive and improper, let him or her know. Inspire them to join our stigma-free movement, and make a commitment to learn more about mental health. We all need to see the person, not the illness.

2. Take Care of Your Physical Health Too

We've all heard this time and time again and there are plenty of studies that prove how beneficial exercise, getting enough sleep, eating well, etc. reduce symptoms and improve over all well-being.

The challenging part is finding the motivation, time and effort to do these things. Start by creating a simple routine and stick with it. For example, do grocery shopping and healthy meal preparations for the week over the weekend or on your day off. Have set times during the week for working out or any type of physical activity. Having this kind of structure is hard to start, but makes staying healthy so much easier once you get used to the routine.

3. Share Your Story

Expressing yourself and opening up about your experiences is not only personally uplifting, but it also helps other people who can relate to you. You can share your story at one of our monthly support groups or at Family-to-Family if you have not yet taken the class. For other opportunities to share your story and make a difference, contact us at (908) 619-9619

4. Make a Commitment to Stay Informed

Knowing what's going on in the world of research can help you find out whether there are new ideas out there that might help improve your quality of life. For example, research shows that getting outside during the winter—even though it can be very cold—is important; getting enough vitamin D is essential to your mood and overall well-being.

This newsletter is one of the ways that NAMI Warren County, NJ brings information to the public. Please share it with family members, friends, neighbors, local public officials and anyone who could benefit from NAMI's education and support programs.



5. Do Something That You Love Every Day

Even if it's just 30 minutes each day, read, color, go for a walk or have a conversation with someone that you care about. These are the activities that can bring you a sense of peace. It is so important to feel relaxed for at least part of every day. Our busy schedules frequently take over and stop us from making time for ourselves. But leaving a little bit of time to do something that you love is something that is essential to fit into our hectic lives.

WWW.NAMI.ORG/BLOGS/NAMI-BLOG/



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Family Support Group

National Alliance on Mental Illness

NAMI Warren County, NJ provides information on how to navigate the challenges of having a family member who has a mental illness. We do this through empathy and encouragement during healthy, confidential and purposeful discussions.

1st Thursday of every month

7:00 PM – 8:30 PM

Family Guidance Center

492 Route 57 West

Washington, NJ 07882

1st Saturday of every month

10:00 AM - 11:15 AM

Oxford Second Presbyterian Church

65 Washington Avenue

Oxford, NJ 07863



1st Saturday of every month

11:30AM - 1:00PM

Oxford Second Presbyterian Church

65 Washington Avenue - Oxford, NJ 07863

You Are Not Alone! NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental health conditions. This group offers an opportunity to be empowered in our recovery by sharing challenges, successes and resources.

Groups are led by NAMI trained facilitators who are themselves living with mental health conditions. For more information, contact us at:



nami

Warren County, NJ

National Alliance on Mental Illness

908.619.9619

namiwarrencounty@naminj.org

24 Hour Crisis Line 908-454-5141

A 501(c)(3) non-profit organization - An Affiliate of NAMI NJ and NAMI National
NAMI Warren County (NJ) is a legal entity separate and distinct from NAMI Inc.

NAMI Warren County and **Family Guidance Center** are partnering to deliver mental health seminars to raise awareness in Warren County.

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What You'll Learn

The seminar is led by trained people with lived experience of supporting a family member with a mental health condition. They will walk you through the following topics:

- Understanding diagnoses, treatment and recovery
- Effective communication strategies
- The importance of self-care
- Crisis preparation strategies
- NAMI and community resources

When:

Tuesday, February 25, 2020
6:00PM - 8:00PM

Where:

Family Guidance Center
of Warren County
492 Route 57
Washington, NJ 07882

For more information or to register for the Family & Friends seminar, please call: 908-619-9619 or email: namiwarrencounty@naminj.org

Registration End Date: 2/23/2020



Say It Out Loud

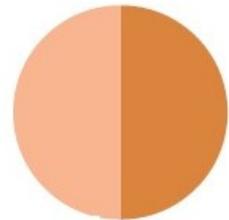
Mental Health Conditions: The Facts

Mental health conditions are all around us and among us. By knowing more about them, we can encourage each other to speak up and build better lives.



One in five teens lives with a mental health condition.

50% of mental health conditions emerge by age 14 and 75% by age 24.



A high percentage of high school students living with mental health conditions drop out of school.

Suicide is the third leading cause of death for youth and young adults.

3rd

1/2

Less than half of youth with mental health conditions receive treatment.

For more information on mental health conditions, visit www.nami.org.

OK2TALK-ORG

#sayitoutloud



Call us for more information (908) 619-9619



Membership* and Donation Form

Add your voice to the mental health movement! Benefits of membership include the *NAMI Advocate* magazine, attending the National Convention at a discount rate and online access to member-only content.

*Members of NAMI Warren County, NJ are also members of NAMI New Jersey and NAMI National

- Regular \$40 *individual membership for one person*
- Household \$60 *includes all members of a household living at the same address*
- Open Door \$5 *individual member with limited financial resources*
- Donation \$ _____

Your tax deductible donation helps support our educational and advocacy efforts.

Name: _____

Address: _____

Phone: _____

Email: _____

Please help us keep our costs down by opting to receive this newsletter by email.

Make check payable to:

NAMI Warren County, NJ

Mail form & check to:

NAMI Warren County, NJ
201 Strykers Road
Suite 19 #224
Phillipsburg, New Jersey 08865



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NAMI

National Alliance on Mental Illness

Warren County, NJ

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Mailing Address:

201 Strykers Road, Suite 19 #224

Phillipsburg, NJ 08865

Phone: 908-619-9619

e-mail: namiwarrencounty@naminj.org

www.namiwarren.org



"Please recycle this newsletter by sharing it with a friend, family member or neighbor."

Who We Are

NAMI-Warren County, founded in 1998, is a non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. Through education, support, advocacy and public awareness programs, NAMI-Warren fosters understanding about mental illness, confronts the stigma often associated with mental disorders and advocates for policies that benefit those affected by mental illness as well as their families.

Our Mission

NAMI-Warren exists to provide information, social and emotional support, and a community of understanding peers. We also aim to foster public education and awareness through partnerships and advocacy work.

Our Programs

In addition to our advocacy efforts, NAMI-Warren facilitates a series of peer-run education and support programs for a wide range of affected individuals.

Our Speakers

NAMI-Warren County NJ Officers and other members of the Executive Committee are available to speak to community groups, organizations, schools and churches wishing to be informed about mental illness issues in our community.

Contact Us: 908.619.9619
namiwarrencounty@naminj.org

24 Hour Crisis Line

908-454-5141