Mental Health Matters

By: Jenn Bartone, Executive Director

In light of this epidemic we are all facing, Suicide needs to be addressed and talked about. Not only do we need to understand it, we need to fight it. Just in recent months we have lost 5 young people to suicide. BUT it’s not only young people dying. The highest statistic is in middle aged men and then seniors. There is nothing more important than LIFE or DEATH. So let’s start talking about it!

Suicide Prevention: Warning Signs, Do's & Don'ts, and Where to Find Help

According to the Substance Abuse and Mental Health Services Administration, nearly 40,000 people in the United States die annually from suicide, or one person every 13 minutes. More people die from suicide than from automobile accidents. Suicide is a serious public health problem that causes pain, suffering and loss to individuals, families and communities.

These warning signs may mean that someone is at risk for suicide, especially if the behavior is new, has increased or is related to a painful event:

· Talking about wanting to die or kill oneself
· Talking about being a burden to others
· Showing rage or talking about seeking revenge
· Increasing the use of alcohol or drugs
· Sudden happiness after extended depression
· Giving away possessions
· Looking for a way to kill oneself
· Previous attempts
· Tying up loose ends, making a will
· Behaving recklessly

What you can do:
· Assess the danger
· Listen without passing judgment
· Encourage expression of feelings
· Stay calm
· Be empathetic
· Tell others and get help

What you shouldn’t do:
· Leave the person alone
· Minimize the issue
· Promise confidentiality
· Offer empty reassurances
· Dare the person or try "reverse psychology"
· Argue or lecture
· Make moral judgments
· Go it alone
· Encourage guilt

If you or someone you know is having suicidal thoughts, don’t wait! Take action! If danger is imminent call 911! If there is no immediate danger, call our local COPELINE, 24 hours a day, seven days a week at (888) 285-5665. You can also call the National Suicide Prevention Lifeline at 1-800-273-8255 or text 4hope to 741741, a 24 hour Crisis Text Line. Suicide may and can be prevented. With Help comes Hope.
Support us when you shop for your Valentine. Go to smile.amazon.com/ch/26-0145631 and Amazon donates to NAMI Geauga County.

Have you ever wanted to teach or facilitate NAMI Programs?

Here is a list of upcoming training opportunities!

### NAMI State Trainings

- **Peer-to-Peer Facilitator**
  - February 23-25
  - NAMI Geauga Office

- **Family Support Facilitator**
  - March 3-4
  - Akron, Ohio

- **Connections Support**
  - March 3-4
  - Columbus, Ohio

- **Ending the Silence**
  - March 10
  - Columbus, Ohio

- **Family-to-Family**
  - March 16-18
  - Columbus, Ohio

- **In Our Own Voice**
  - March 17-18
  - Columbus, Ohio

- **Family Support**
  - April 7-8
  - Columbus, Ohio

- **Peer-to-Peer Facilitator**
  - April 13-15
  - Columbus, Ohio

- **Mental Health First Aid**
  - May 19
  - NAMI Geauga County Loc.

- **Connections Support**
  - June 9-10
  - Columbus, Ohio

- **Family-to-Family**
  - June 15-17
  - Columbus, Ohio

Contact us at (440) 286-6264 for more information and applications!

#### Homefront

**Class coming soon.** Based on the nationally recognized NAMI Family-to-Family program, NAMI Homefront is a free, 6-session educational program designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members/veterans living with mental health conditions. If you are interested in this class, please call (440) 286-6264 for more details!
Find answers to your questions and gain knowledge by taking one of NAMI’s signature classes:

REGISTRATIONS ARE NOW BEING ACCEPTED FOR EDUCATION CLASSES

To Register call (440) 286-6264 or email programs@namigeauga.org

NAMI Basics Education Program

FREE for parents and family caregivers of school age individual’s youth who are experiencing mental health challenges.

NAMI Basics is a 6-week education program that provide critical strategies for taking care of your child.

At NAMI Basics, you'll find out that you're not alone. Recovery is a journey, and there is hope. The group setting of NAMI Basics provides mutual support and shared positive impact—you can experience compassion and reinforcement from people who understand your situation. You also can help others with your own experience.

Classes Start: Thursday April 19th, 2018

NAMI Geauga Office
107 South Street Suite #2 Chardon, OH
6:00 pm – 8:30 pm

NAMI Basics covers:

- Managing crises, solving problems and communicating effectively
- How to take care of yourself and handle stress
- Developing the confidence and stamina to support your child with compassion
- Advocating for your child's rights at school and in health care settings
  o Sample Record Keeping System
- Learning about current treatments, including evidence-based therapies, medications and side effects
- Gaining an overview of the public mental health care, school and juvenile justice systems and supporting resources to help you navigate these systems
- Understanding the challenges and impact of mental health conditions on your entire family

REGISTER NOW! Call the NAMI Geauga office at 440-286-6264 Or email programs@namigeauga.org
Upcoming Volunteer Opportunities!!

Special events:

March 17th, 2018 – Women’s Health Expo 8am-12pm

April 26th-29th, 2018 – Maple Festival

May 16th, 2018 Geauga Consumer Connection

If you are interested in these or any volunteer opportunities, please contact Lindsay Gates at (440) 286-6264 or programs@namigeauga.org

Maura Schnaufter has been volunteering with NAMI Geauga since November 16th, 2017. Having history with mental health has made her familiar with similar organizations and gave her the drive to be a part of an organization that provides valuable resources to people in her community. Maura is now retired after enjoying 40 years working for the Cleveland Clinic in the Cardiovascular Institute as a data manager. Maura and her husband also own a dog boarding kennel in Hambden, the Kennels of Stone Creek. Furthermore, they enjoy travelling in their motor home visiting friends and family near and far! Including their grandchildren that live near West Salem, Ohio.

Maura’s organizational skills and office experience as well as her troubleshooting abilities have been a valuable asset to NAMI Geauga. She has been working on the volunteer handbook as well as our annual report. We are so very grateful to have her support and involvement here at NAMI Geauga! Maura says the most rewarding part of volunteering is, “The feeling of satisfaction helping others in my community getting the help they need”. Finally, when asked what she wishes people knew about NAMI she stated, “It’s FREE people!” Thank you again Maura for all of your hard work and dedication!
Join or Renew Your Membership

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Mail Checks Payable to: NAMI Geauga County
107 South Street, #5 Chardon, Ohio 44024

**Please include your full name, address, telephone and email address**

Credit card payments can be made by calling 440-286-6264

Need More NAMI Geauga Information?

For more information about Membership, Programs and other Opportunities Call: 440-286-6264
Visit our Website: [www.namigeauga.org](http://www.namigeauga.org)

NAMI Geauga County
107 South Street #5 Chardon, Ohio 44024

Jenn Bartone, Executive Director
jbartone@namigeauga.org

Follow us on Facebook, Twitter, MeetUp and Instagram!

THANK YOU TO OUR PROUD SUPPORTERS: