

## Summer Newsletter

*"We can't control the wind, but we can adjust our sails"*

NAMI Cape Ann

Gloucester, MA, 43 Gloucester Ave., Room 2A, Gloucester MA 01930

<https://namicapeann.org>.

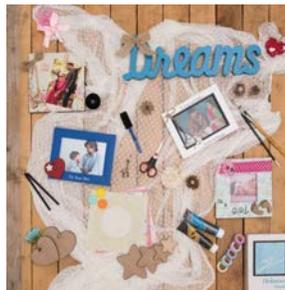
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### NAMI Happenings.....

NAMI Cape Ann is offering both Family to Family Classes and Basics classes this fall! Check out our website for details: <https://namicapeann.org>. These classes are free, though limited spaces are available.

### Did you know.....

NAMI Cape Ann offers FREE support groups? Our support group meets the second and fourth Tuesday of every month 7:00-8:30pm . Our support group helps people experiencing a mental health crisis themselves or family or friends. People learn from one another's experiences, share coping strategies, and offer encouragement and understanding. This group is open to anyone. If you are in crisis, please join us for support in a safe, confidential environment.



### Please join us for.....

Arts & Minds. A program unique to NAMI Cape Ann. Arts & Minds encourages our artistic members to submit their works for inclusion in local shows and sales. We reproduce artwork on greeting cards and tiles and market jewelry, knitted goods, and other handcrafted items. Artists receive 80% of the sale price. Meets the second and fourth Tuesday of the month 1:00-3:30.

### Great News!

Congratulations to Yvonne Burke for the arrival of her beautiful son Gabriel on Mothers Day! Gabriel is joining big sister Ella and we wish Yvonne, her son and family all the best.



## A Special Thank you.....

Thank you to Yvonne Burke for her years of dedication as President of our Board of Directors. Yvonne has worked tirelessly to keep us organized and informed. The new President of our Board of Directors is Deb Pacheco. Yvonne continues to organize and participate in our Social Group and we thank her for that!

## Welcome.....

We are excited to announce the newest members of our Board. Aileen Morrissey has joined as our Treasurer and Dory Prescott brings her expertise from Gloucester Senior Care.

## First Annual Recovery Brunch.....



Thanks to the hard work of Linda Lewis, NAMI sponsored the first annual recovery brunch at the Community Center in Rockport. There was a large turnout, the food was delicious and it was a great opportunity to socialize for all. Thanks to "In Our Own Voices" participants who shared their personal journey towards recovery from mental illness. Looking forward to next year!

## Annual NAMI Walk.....



A special thanks goes to our Cape Ann "walkers" who raised funds for our continued outreach efforts. Our walkers were George, Marion, Holly, Douglas, Alex. Aileen, Dory, Glenn and Erin. Thanks to those who manned our information table as well. There were many representatives from the area providing information on mental illness, treatment options, and resources.



## I AM MORE.....

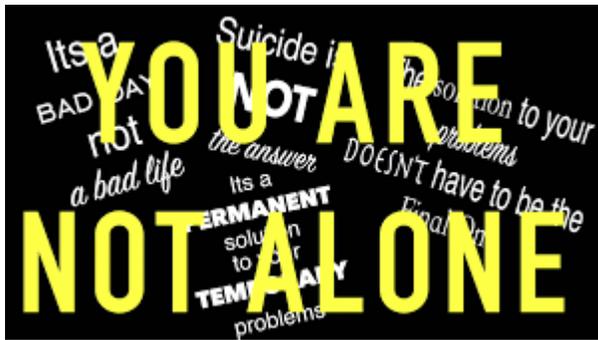


The local community was treated to an exceptional art exhibit "I Am More" by Amy Kerr.

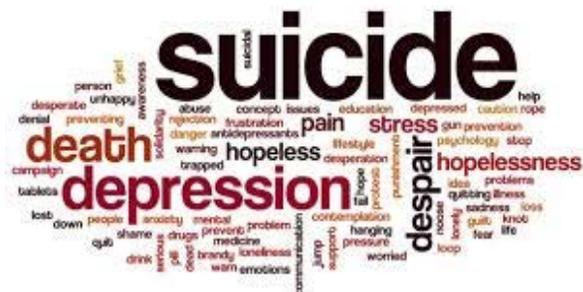
Amy beautifully portrayed those suffering with or recovering from mental health disorders. This was an opportunity for subjects to share their personal stories letting others know that their mental illness is simply a part of who they are. This event is helping to change the face of mental illness, help with a better understanding of mental illness and acknowledges that those with mental illness can lead fulfilling and productive lives. To learn more:

<https://amykerrdrawsportraits.wordpress.com/2017/07/20/i-am-more-amy/>

## Suicide Prevention.....



The recent deaths of Kate Spade and Anthony Bourdain has brought the subject of suicide to the forefront. Suicide is the leading cause of preventable deaths in the US. Teenagers, and the elderly are particularly vulnerable to suicide. Those suffering with depression, anxiety, schizophrenia or bipolar disorder are also at greater risk. PLEASE-you are not alone. If you or someone you know is suffering with a mental illness, seek treatment. Be supportive. Understand and love them. If you are in crisis call the National Suicide Prevention Hotline: **1-800-273-8255 24 hours a day.** The **NAMI Mass Compass** offers information and resources for those in crisis or have a loved one in crisis. NAMI Mass Compass can also help you navigate the process of getting help. 617-704-6264, M-F. "Your guide to mental health resources"



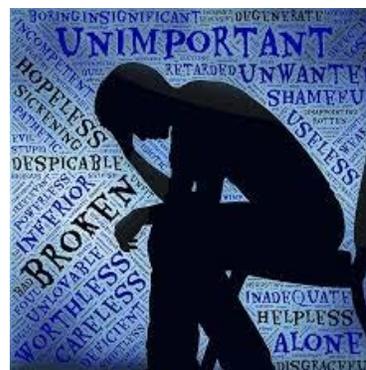
## The NAN Project.....



The NAN Project is an outreach program for mental health awareness and suicide prevention. This initiative works to increase understanding, support and treatment of mental health concerns in young people. Jake Cavanaugh has reached out to NAMI Cape Ann to share his mission. Jake works with school systems and peer mentors to discuss and provide resources for young people who are suffering with a mental health concern. Preventing suicide is a vital part of this project for Jake. To bring the NAN project to your school or for more information, contact them at: [info@thenanproject.org](mailto:info@thenanproject.org).

## Know the signs.....

Depression can be more than just sadness. Increased irritability, weight gain or loss, lack of energy, too little or too much sleep, feeling disorganized, suicidal thoughts or ideations can be signs of depression. Feelings of emptiness, worthlessness, frustration guilt or anger can also be signs of depression. Depression is a MEDICAL CONDITION and HELP is available. See your doctor if these feelings persist for more than a month. Talk to someone-a therapist, a trusted friend, family members or clergy if you are experiencing any of these symptoms.



## How do we do it??.....

In addition to the generosity of our volunteers and grants, we are always looking to increase our membership. Membership is not required to participate in any program that NAMI Cape Ann (or NAMI National) offers. But wouldn't it be great to be a part of something so wonderful? Become a part of NAMI! Subscribe to the latest mental health updates, participate in an online discussion group, learn how to advocate in your community and add your voice to the mental health movement.

There Are Two Ways To Become A Part Of NAMI Today:

- Create a free NAMI.org account to start connecting with NAMI and to get all the latest updates.
- Become a NAMI member at all three levels of the organization—national, state and local—with one payment! We have three membership rates depending on what makes the most sense for you:
  - \$60 per year for a Household membership that includes all members of a household living at the same address
  - \$40 per year for a Regular membership which is an individual membership for one person
  - \$5 per year for an Open Door membership for an individual member with limited financial resources

## US Helplines:

Suicide prevention:

1-800-273-8255

Crisis chat or crisis text line:

Text HOME to 741741

Suicide Prevention Services Crisis hotline:

1-800-784-2433

Child Abuse Hotline- Support and Information:

1-800-422-4453

Crisis Help line (for any crisis):

1-800-233-4357

Domestic & Teen Dating Violence:

1-800-992-2600

(English and Spanish)

Parental Stress Hotline:

1-800-632-8188

Confidential Runaway Hotline:

1-800-231-6946

Sexual Assault Hotline:

1-800-223-5001

(24/7, English & Spanish)

National Child Abuse Hotline:

1-800-422-4453

National Domestic Abuse Hotline:

1-800-799-SAFE

TDD:

1-800-787-3224