

# What's "new at NAMI NH" Newsletter

## November 2009

### News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

### Upcoming Events –

#### **11<sup>th</sup> Annual National Survivors of Suicide Day- Saturday November 21**

Thousands of suicide loss survivors will gather together around the world on this day of healing, support and empowerment. If you have lost someone in your life to suicide, please join this event. Local conference sites will simultaneously watch a 90 minute broadcast produced by the American Foundation for Suicide Prevention and will address the questions; Why did this happen? How can I cope? Where can I find support?

NH locations for this event include Durham, Lancaster, Merrimack, Portsmouth, Concord and Westmoreland. The event includes a light lunch from 12:30-1:00pm followed by the teleconference from 1-2:30 pm and concluded with support and sharing from 2:30-3:30. To register or for details contact Becky McEnany at [bmcenany@naminh.org](mailto:bmcenany@naminh.org) or call NAMI NH at 1-800-242-6264

#### **Transition Planning Conference- Saturday December 5**

**This conference is for youth age 14-24 affected by emotional and behavioral disorders and their families and others interested in the transition planning process.** Guest speaker- Jonathan Mooney. There will be workshops, breakout sessions, lunch, raffle and an ice cream social. To register or for details go to [www.naminh.org](http://www.naminh.org) and click on Transition Planning Conference.

#### **Family to Family Teacher training-**

January 8-10<sup>th</sup> contact Annette for details.

**Life Interrupted- Family Speakers Training January 30<sup>th</sup> & February 6<sup>th</sup>.** Come and learn how your story can eliminate stigma. For details contact Annette.

**Save the date- NAMI NH Family and Consumer Education Conference Saturday March 27, 2010- Key note speaker Mike Fitzpatrick Executive Director NAMI National**

**Unmasking Mental Illness!** Saturday, April 10, 2010 – Join us for our Annual Gala in Portsmouth. The event consists of a silent auction, dinner and dance. We will also have one or two speakers “unmask” and tell their story. More info will be coming as we get closer to the event date.

## What's New?

**Warm Lines-** Attached is a flyer with a listing of “warm lines” that offer peer support around the state.

**Holiday Hours-** FYI- The NAMI NH concord office will be closed during the week between Christmas and New Years.

## Thanks!!

Our thanks to Scott and Norma Scott and Chet Littlefield for teaching family to family in Nashua this fall, and to Valerie Acres and Helen Harrison for teaching family to family in Concord. Both classes will be ending by the beginning of December.

Our thanks also to all who attended the Fall Affiliate Leader and Teacher meeting on November 14<sup>th</sup>. Representatives from Peer support centers from 5 regions joined us to share who they are and what their centers can offer. We also heard a presentation on the new NAMI Connection Peer Support Group program, along with NAMI NH updates and a discussion on developing educational presentations for support groups. Minutes of the meeting will be sent out to all teachers and leaders.

## Opportunities

Samhsa (Substance Abuse and Mental Health Services Administration) Teleconference on the History of the Mental Health movement. Thursday Dec. 17<sup>th</sup> 2-3:30pm. Email with registration information will follow this newsletter.

## Did you know?

Copecaredeal.org is a great website for teens dealing with mental health concerns.

*Happy Thanksgiving to all, I hope you will all take good care of yourselves during the holiday season remembering to lower the expectations and pressure we so often place on ourselves!*

If you would prefer not to receive this email newsletter, please email me to be removed from the distribution list. Please contact me with questions, needs, and news of your groups and classes at [acarbonneau@naminh.org](mailto:acarbonneau@naminh.org) or 1-800-242-6264 ext 25

Annette