



NAMI Family Support Groups are for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

- ◆ Free of cost to participants
- ◆ Designed for adult loved ones of people with mental health conditions
- ◆ Led by family members of people with mental health conditions
- ◆ 90 minutes long and currently meeting in person two times a month in Brevard County (see below)
- ◆ No specific medical therapy or treatment is endorsed

Date	Location	Address	Time
2nd Tuesday	Circles of Care ALC Follow signs from parking lot	2000 Commerce Drive Melbourne, FL	6 - 7:30 pm
3rd Tuesday	Central Brevard Library	308 Forrest Avenue Cocoa, FL	6 - 7:30 pm



NAMI Connections is a recovery Support group program that offers respect, understanding, encouragement, and hope. NAMI Connection groups are for Peers with Mental Illness.

Peer Support Group Meets every Tuesday at 6– 7:30 pm via Zoom

ID 464 710 7237 Passcode 456654

For more Information about NAMI Phone: 321-345-6365
Website: www.namibrevard.org Email: namibrevard@gmail.com



The changing of the seasons and the start of the warmer months is generally associated with growth, rebirth, and a frenzy of flowers pushing out of the barren, thawing, soil. We see shining faces and blue skies across all media platforms, claiming that simple #springcleaning is the key to mental well-being and a sunny disposition. However, the changing of the seasons is not the end all cure for seasonal depression, anxiety, and other mental illnesses. In fact, the spring and early summer months see the highest rates of suicide, and many people experience increased depression and anxiety.

By Charlie Health

Why does spring affect mental health?

One of the major reasons people may feel more depressed and anxious in the spring time is simply because of change. For some people, change feels like an exciting opportunity, while others may feel an intense instability in their lives. Change as school becomes summer vacation, change in the weather, and change in daily routines can all produce overwhelming anxiety.

Springtime is also associated with major life events, like graduations or weddings. These special occasions are often associated with big parties, social events, and family interactions which may trigger intense feelings of anxiety. Memories of these events may also produce feelings of deep nostalgia or melancholy, potentially triggering depressive thoughts.

Other factors may be physiological. Many people experience spring allergies, where our immune systems are working twice as hard to feel twice as crummy for days on end. Our bodies and our minds might feel helplessly depleted during the height of hay fever. Hormones, specifically melatonin, might also contribute to mood changes in the springtime. This hormone plays a vital role in regulating our sleep cycles, and any change in this system may produce sleep problems or grogginess, which is never beneficial to our mental health.

What can you do to make it through the spring?

Find Routine- despite the changes spring might bring, try to find at least one consistent activity for your week to look forward to. This could look like Monday evening walks with your dog, a Friday lunch with friends, or a few dedicated hours to self care each Sunday.



Focus on sleep- While this is much easier said than done, try to prioritize sleep! Set two alarms, one that tells you to GO TO BED, and one that tells you to WAKE UP. Try to keep it consistent throughout the week.

Ask for help- If you know spring is a difficult time for you, reach out to friends or family for a support system. Seek out a therapist or treatment to help you process your feelings.

The difference between depression and sadness

KNOWING THE DIFFERENCE: TREATMENT OF DEPRESSION



Takeaway

Millions of people around the world experience sadness or depression at some point in their lives. However, recognizing the difference between a diagnosis of depression and the emotion of sadness can help a person process both in a healthful way.

The Anxiety and Depression Association of America (ADAA) note that depression is one of the most common mental health illnesses in the United States.

Feeling sad is an integral part of depression, but they are not the same. Knowing and understanding the differences can help a person recognize when to seek treatment.

In this article, we help the reader make this distinction and suggest treatment options for depression.

Knowing the difference

Defining sadness and depression is important for improving wellbeing.

Sadness.

Sadness is a normal human emotion that every single person will experience at stressful or somber times.

A number of life events can leave people feeling sad or unhappy. The loss or absence of a loved one, divorce, loss of job or income, financial trouble, or issues at home can all affect mood in a negative way.

Failing an exam, not getting a job, or experiencing other disappointing events can also trigger sadness.

However, a person experiencing sadness can usually find some relief from crying, venting, or talking out frustrations. More often than not, sadness has links to a specific trigger.

Sadness usually passes with time. If it does not pass, or if the person becomes unable to resume normal function, this could be a sign of depression.

If low mood gets worse or lasts longer than 2 weeks, the person should talk to their doctor.

Depression

Depression is a mental disorder that has an overpowering effect on many parts of a person's life. It can occur in people of any gender or age and alters behaviors and attitudes. In 2015, around 16.1 million people Trusted Source aged 18 years or above in the U.S. had experienced at least one major depressive episode in the last year, accounting for 6.7 percent of all adults in the country.

Symptoms include:

- feelings of discouragement
- sadness
- hopelessness
- a lack of motivation
- a loss of interest in activities that the individual once found enjoyable

In severe cases, the person may think about or attempt suicide. They may no longer feel like spending time with family or friends and might stop pursuing their hobbies or feel unable to attend work or school.

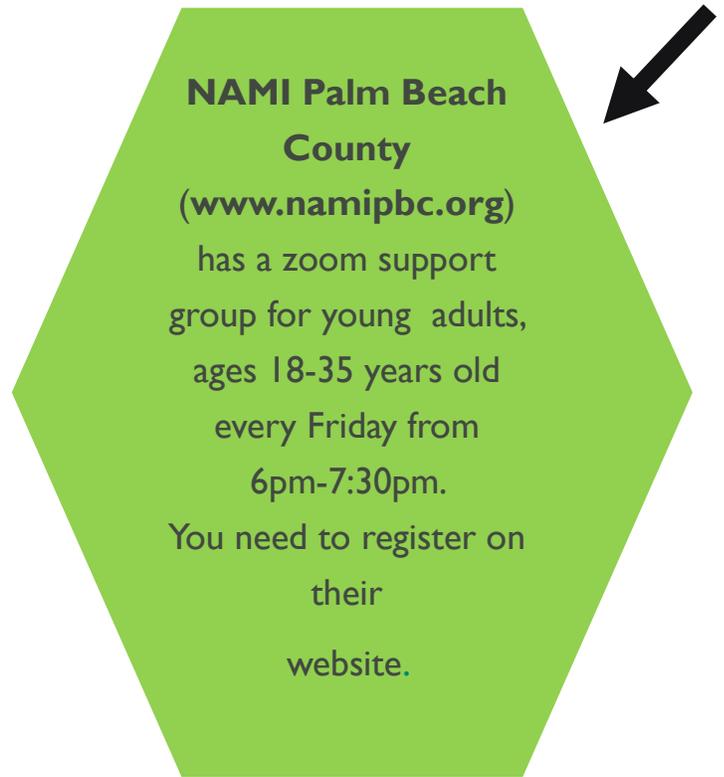
If these feelings of doubt last longer than 2 weeks, a healthcare professional may diagnose the person with major depressive disorder (MDD).

Symptoms of MDD include:

- a daily depressed mood that lasts for most of the day, nearly every day, with noticeable signs of hopelessness and sadness
- a loss of interest in normal activities for an extended amount of time
- significant and unintentional weight loss or gain
- insomnia, sleeplessness, or increased amounts of sleep that affect normal schedules
- tiredness and low energy
- feelings of worthlessness or excessive guilt on a daily basis
- inability to concentrate or make decisions
- recurrent thoughts of death, suicidal thoughts, or suicide attempts or plans

Our voices matter!

Don't forget to write to your representative and share your experiences about the system and what you want to see changed. Plus, how mental health advocacy has helped you or your loved one find the help they are looking for in Brevard County.



NAMI Palm Beach County
(www.namipbc.org)
has a zoom support group for young adults, ages 18-35 years old every Friday from 6pm-7:30pm.
You need to register on their website.

Contact Your Legislative Representatives

flsenate.gov or myfloridahouse.gov

SENATOR Debbie Mayfield (District 17)
900 E. Strawbridge Ave.
Melbourne, FL 32901
(321) 409-2025

REPRESENTATIVE Renee Plasencia (District 50)
Suite 1C Brevard County
Government Center North 400 South Street
Titusville, FL 32780
(321) 383-5151

SENATOR Tom A. Wright (District 14)
1311 N US 1
Titusville, FL 32796
(386) 304-7630

REPRESENTATIVE Tyler I. Sirois (District 51)
260 North Tropical Trail
Merritt Island, FL 32953
(321) 449-5711

REPRESENTATIVE Randy Fine (District 53)
2539 Palm Bay Road NE, Suite 5
Palm Bay, FL 32905
(321) 409-2017

REPRESENTATIVE Thad Altman (District 52)
1895 South Patrick Drive
Indian Harbor Beach, FL 32937
(321) 425-6179



We are excited to announce registration is now open for NAMICon 2022, our annual convention taking place virtually June 14–16!

As one of the largest community gatherings of mental health advocates in the U.S., NAMICon provides an incredible opportunity to bring awareness, resources and solutions to a wider audience of people affected by mental health conditions — both nationally and globally.

The pandemic and global events of the past two years have had a profound effect on everyone’s mental health — individuals, youth, families, communities of color and frontline professionals. It’s more important than ever for us to join Together for Mental Health, a timely and appropriate theme for our 2022 convention.

Don’t miss out on:

NAMICon’s incredible value! Registration rates will remain low for 2022: Only \$10 for students and peers, \$15 for NAMI members and \$25 for non-members.

A special panel event with Dr. Ken Duckworth, NAMI’s Chief Medical Officer, offering an exclusive preview of NAMI’s upcoming book *You Are Not Alone* releasing this fall. Written by Dr. Duckworth, this comprehensive guide to recovery includes real stories from individuals and families navigating their mental health journeys as well as practical answers from experts on commonly asked questions.

Robust programming with 30+ workshops built around five tracks focused on mental health research and treatment; youth and young adults; transforming crisis response; promoting equitable mental and emotional support for underserved communities; and best practices for NAMI State Organizations and NAMI Affiliates.

Convenience and accessibility! There are no travel costs or logistics to arrange. Your internet connection gives you access to the NAMICon experience no matter where you are.

Your registration fee includes ALL virtual activities for June 14–16. The programming for Tuesday, June 14, will be dedicated to our NAMI State Organizations and NAMI Affiliates. General attendees are invited to begin their convention experience with our opening plenary on Wednesday, June 15. More detailed schedule information will be posted on nami.org/convention in the upcoming weeks.



Membership Form

You can Join NAMI by going online to www.nami.org and click on JOIN or you may fill out the form below and write a check or money order made out to NAMI Brevard County and send to:: NAMI Brevard PO Box 840 Cape Canaveral, FL 32920 **One Year Membership includes** NAMI Brevard, NAMI Florida, and NAMI National, as well as NAMI Brevard voting privileges. You will also receive the magazine, *NAMI Advocate* and as a member attend our special events designated for members.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIPCODE _____

EMAIL _____

Household \$60 _____ Regular \$40 _____ Open Door \$5 (Limited resources) _____

Donations are welcome:

Memorial Gifts/ Honorary Gifts/ Employee Matching