



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



How to have a Great Valentines Day for your Mental health

Written by Ashley Laderer

Feb 14, 2020

Valentine's Day seems to be one of those holidays that you either totally love or totally hate, regardless of whether you're in a relationship or not. There's tons of pressure put on us by society, family, and friends to have an EPIC Valentine's Day. We're bombarded with ads for flowers and jewelry and have to hear the question,

"What are you doing for Valentine's Day?" about a hundred times leading up to the day.

It can be an extremely stressful and upsetting holiday, but only if you let it be.

Follow these tips to protect your mental health this Valentine's Day.

If You're Single

Ignore society's pressure

Society makes it seem like the right way to live is to be in a relationship. Sometimes being single seems to be looked down upon — but that's a sham! There's no shame at all in being single, even on Valentine's Day. Don't feel like you need to be in a relationship or dating somebody to enjoy the holiday.

Indulge in self care

Since you aren't showering someone else with love on the holiday, why not shower yourself in some self-love? Show yourself some love by taking great care of yourself, doing your favorite self care activities, whether it's taking a bath with a fancy bath bomb, doing some yoga, going for a run, journaling, or meditating. You know best what will benefit your mental health.

Treat yourself

Who says you can't be your own Valentine? Okay, so you might not want to go out to eat by yourself on "the most romantic day of the year," but you can treat yourself to ordering in some of your favorite foods and watching a movie or binging a show. Buy yourself chocolates, flowers, or both if you feel so compelled... because...why not!

Plan something with friends or family

Valentine's Day doesn't have to be romantic. You can celebrate other types of love, like friend love or family love. Planning something to look forward to on Valentine's Day can take the gloom and doom out of the holiday. Instead of worrying about how you'll feel alone, you'll be excited about hanging out with friends or family. For example, you can wrangle your single friends together and plan something fun, whether it's a chill movie night in or a big night out.

Seek support if necessary

If you end up alone on Valentine's Day and are feeling down, don't hesitate to reach out for help. Text or call a trusted person, whether a licensed therapist or a friend in your circle, and let them know that you need to vent. If you find yourself slipping into the territory of harmful or suicidal thoughts, it's a good idea to call or text a crisis hotline such as Crisis Text Line (text HOME to 741741) or the National Suicide Prevention Lifeline (call 1-800-273-8255).

Crisis Hotline in Brevard County Call 211

What It's Like to Live With Schizophrenia **from the Strong 365 Blog**

Despite what many may think, being diagnosed with schizophrenia doesn't mean that you can't live a rich, fulfilling life. Schizophrenia isn't a walk in the park — that's for sure. Learning how to manage the ups and downs and deal with psychosis is no small feat.

And yet, we know that lots of people find stability, purpose and self confidence again. But how?

Obviously, quality, compassionate treatment is a huge factor. But we wanted to know more. So we asked the Strong 365 community, "What has helped you live well with schizophrenia?" Below are 12 brilliant answers that inspired our socks off.

(BTW, if today is a struggle for you, we hope you find hope in our stories, and even consider sharing yours, too.)

12 Tips for Living Well With Schizophrenia

1. Identify someone you trust to be the person with whom you can routinely share how you are doing. This person can help you decide what steps you need to take to stay on track with your recovery. They can help you gain insight into whether you are paranoid, delusional, or experiencing other symptoms, which are sometimes hard to see by the person experiencing them.

2. Never give up. In my experience, the first five years of the illness are the worst. The mind has the power to re-wire and heal itself as we change our behavior. This is called neuroplasticity. We can literally change our brains to be better as we change our thoughts and actions.

"Focusing on the good helps me get through the nightmares."

3. Keep learning coping skills. As you progress in your recovery, you will find situations when it is difficult to access the mental health professionals on your "treatment team" (like your therapist or psychiatrist). During these times, it is crucial that you have coping skills to cope with the situations and mental states you find yourself in. A few coping skills include mindfulness meditation, Cognitive Behavioral Therapy (CBT) skills and positive self-talk.

4. I find it's important to stay social, even when I am going through a rough time. My relationships are hugely beneficial sources of solace and strength. The friends that have stood by me during my darkest years, and the new friends I have made since, are true friends, and I am so grateful to have them in my life. That said, my first line of support has always been my family. When I was symptomatic, my parents and sister had my back, and as I grew healthier, spending time with my beloved grandmother was a source of both pleasure and purpose. Now, my wife and my dog are my closest companions, and enhance my life quality tremendously.

"Stay social. My relationships are hugely beneficial sources of solace and strength."

5. I derive motivation and satisfaction from an interest I have pursued for about ten years: playing guitar. Choosing and developing a hobby that I'm passionate about has given me enjoyment, purpose, and pride. It elevates my mood and calms my nerves, at the same time. As with relationships, the more energy I put into it, the more I get out.

6. Don't be afraid to share your story. It's a way to find people who truly accept you for who you are and where you are at.

7. Art heals. Through art we can create stronger and healthier identities after traumatic experiences. It allows us to form narratives and meaning from challenging events.

“There are few experiences as inspiring as hearing about someone who has gone through what you have gone through.”

8. Seek out role models and listen to others who have been there. There are few experiences as inspiring and hopeful as hearing about someone who has gone through what you have gone through, and their belief that you too will persevere and achieve.

9. I found myself viewing my illness as a defining factor of my personality. The diagnosis overshadowed who I am. I'm fighting each day to reclaim my life and what I love. As cheesy as it sounds, I reflect on three highlights of my day each night. Take a moment to appreciate life. It's usually not monumental — it's a good cup of coffee, Zumba class or a conversation with a friend. Focusing on the good helps me get through the nightmares.

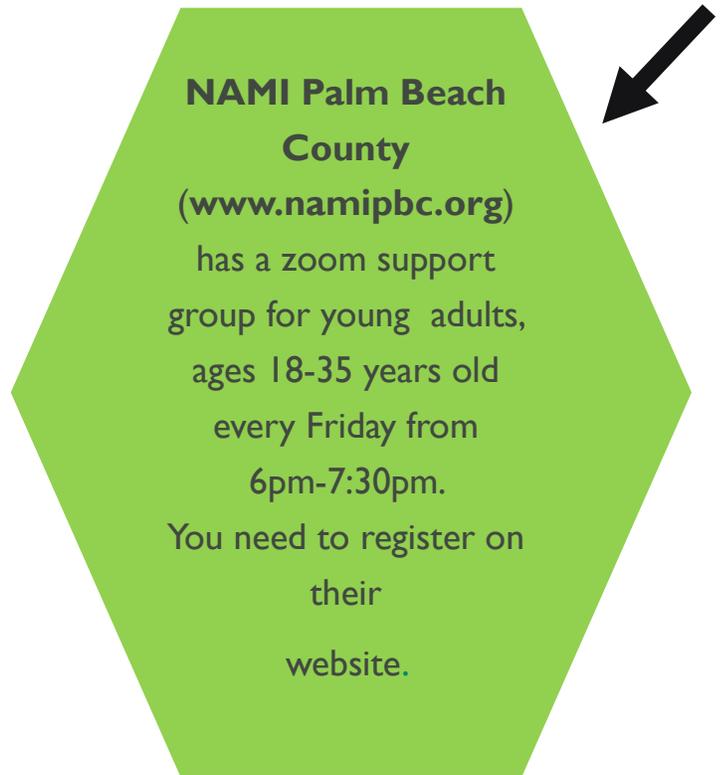
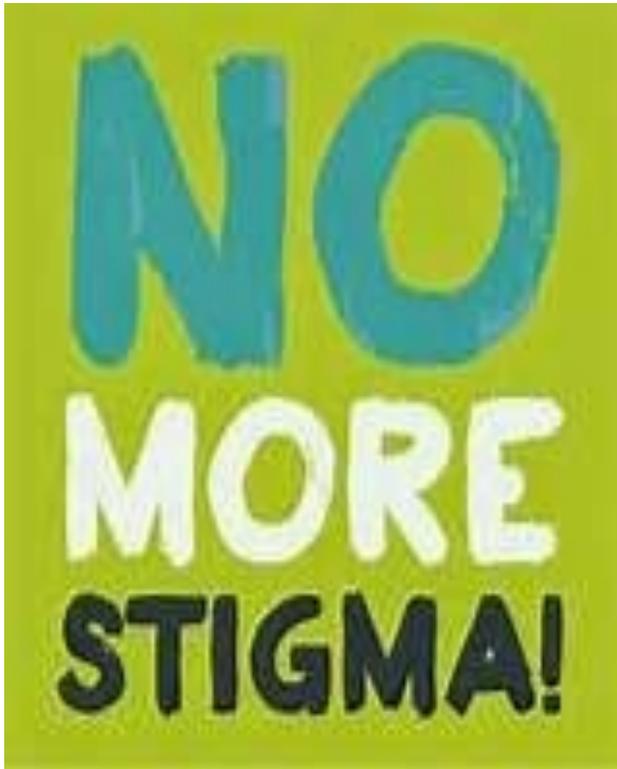
“Developing a hobby that I'm passionate about has given me enjoyment, purpose and pride.”

10. Having an open dialogue or an outlet to discuss your experiences is critical. Writing, individual or group therapy can be instrumental in the healing process. There are societal pressures to be ashamed and keep mental illness a secret. The best way to combat this is to have a conversation. Understanding, connecting and being heard fights the ignorance and the isolation.

11. Build a network of support – start wherever you are in your journey. It can start small, by finding a therapist first, and then slowly building up your social resources until you have a network of co-workers, friends, and family. It won't be easy, and it will take time and effort but this is very important to maintaining a social life. Finding a hobby, taking fun classes, or joining a community are great ways to find and meet people.

“Being heard fights the ignorance and the isolation.”

12. Find work that is meaningful to you. When you can contribute to something that is bigger than yourself, you feel a sense of accomplishment and pride in your work that will keep you moving forward.



Contact Your Legislative Representatives

flsenate.gov or myfloridahouse.gov

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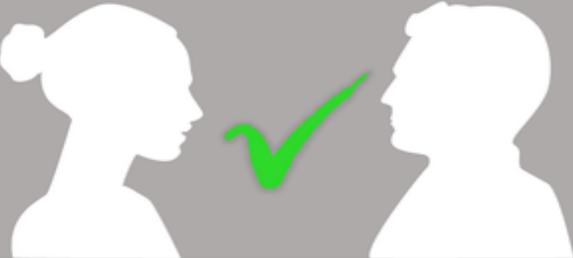
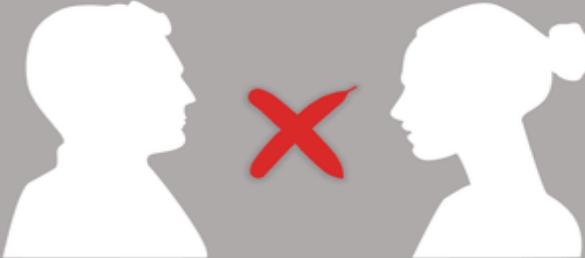
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Mental Health and the Workplace

 Pros of disclosing	 Cons of disclosing
<ul style="list-style-type: none"> • Educates others about mental health issues and the individual becomes a positive role model. • Enables reasonable adjustments to be made in the workplace to take account of the individual's condition - such as flexible work arrangements or a change in work duties. • Can lead to positive experiences where other colleagues are understanding or disclose mental health issues themselves. • Enables individuals to get emotional support. • Means individuals can be 'honest' about their condition. • Explains behavioural aspects associated with the individual's mental health issues that might otherwise be misinterpreted. • Is less stressful than concealing a mental health problem. 	<ul style="list-style-type: none"> • Potentially won't be hired in the first place. • Might lead to unfair treatment in the workplace, including reduced prospects of promotion. • Colleagues could devalue or undermine the individual. • Opens the way for discrimination that could not be adequately prevented by anti-discrimination legislation. • Individual could become a target for gossip. • Could mean being rejected or ostracised in the workplace.
 theconversation.com	Source: Brohan, et al. <i>BMC Psychiatry</i> 2012



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 our treasurer: Elizabeth Eberwein PO Box 477 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