

DEPRESSION...

is more than just feeling sad or needing to "cheer up."

Clinical depression does not discriminate - it can happen at any age! It is not a normal condition of growing old.

Many think depression is simply being sad but depression is a real and complex condition. Its symptoms include emotional, physical, and cognitive conditions.

Everyone gets sad at times, but if you are down for more than two weeks and losing interest or have decrease pleasure in doing things you normally do—please consider having a talk with your healthcare professional. Don't be afraid to talk with your family or friends about it. Reach out—get help!

NAMI Knox Licking County can offer you coping skills and resources such as Peer support groups and educational classes for family members to help cope with mental health conditions.

- The NAMI evidenced-based signature program “NAMI Family to Family” is a free, 8-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. **Register now for a class beginning September 14, 2020.**
- Are you a person trying to cope with a condition such as depression, bipolar or anxiety? NAMI Peer-to-Peer is a free, 8-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Participants come away from the course with a “relapse prevention plan”, mindfulness exercises to help focus with calm thinking and stress reduction, and survival skills for working with providers and the general public. **Register now for a class to begin Thursday, Sept. 17.**

To prepare class materials, registration is appreciated. To register for either program:

E-mail to namiklcoho@embarqmail.com or call 740-397-3088 to register. Please specify which program you wish to attend. (See our calendar for current-regular family and peer support group meetings.)

Learn more about depression at NAMI.org/depression - There is help and hope.

Putting the pieces of mental health together



Better together

NAMI Knox Licking County Ohio, 15 E. Vine St. Front, Mount Vernon, OH 43050

740-397-3088; FAX 740-392-4008