

# ONE PEER TO ANOTHER

## MAY 2024

[www.onepeer.org](http://www.onepeer.org)

*May Field Trip:  
May 15th  
Basketball Outing  
to The Meredith  
Community Center  
11-2pm*



## May 2024 Calendar Highlights

**May 6th-** Community /Member Meeting

**May 21st-** New Futures/Advocacy Training hosted at the Concord office (Laconia joins via Zoom) 1:30 - 3pm

**May 15th-** FIELD TRIP to the Meredith Community Center for basketball (11a- 2pm)

**May 27th-** Memorial Day -Holiday /Closed  
**Addiction Recovery Groups: 5-6:30pm every Thursday night in Laconia & Every Tuesday night in Concord**

*May brings hope and  
new beginnings.*

A flyer for NAMI New Hampshire. The top left features the NAMI logo and the text "NAMI New Hampshire National Alliance on Mental Illness". To the right, the address "85 North State Street Concord, NH 03301" is listed. Below this, it says "Visit our website. Find us on Facebook." The main part of the flyer is a promotional poster for an event titled "THIS IS MY BRAVE" presented by NAMI New Hampshire. The event is on "May 15, 2024" at "6:00 PM Reception" and "7:00 PM Show" at the "Capitol Center for the Arts, 8th Stage, Concord". It includes a QR code and the text "SCAN THE QR CODE OR BUY TICKETS AT TINYURL.COM/TIMBONCORD" and the hashtag "#StorytellingSavesLives".

## Megan Ferron

### One Peer to Another Outreach Specialist

Hi, my name is Megan Ferron and I have been working for One Peer to Another for just about one year as a Peer Support Specialist with a recent promotion to Outreach Specialist. I have lived experience with mental health disorder, domestic violence, and Substance Use Disorder, directly and indirectly. I am a Certified Recovery Support Worker (CRSW), and have had other various training as well. I am dedicated to and passionate about helping people along their journey, in whatever way they may need. Being able to help people this past year has been a transformative and very rewarding experience. I can't wait to see what the future holds and hope to help people reach their self actualization as well!



### May is Mental Health Awareness Month

May is Mental Health Awareness Month. Since its inception in 1949, Mental Health Awareness Month has been the foundation of addressing the challenges faced by millions of Americans living with mental health struggles. Throughout the month, Many Mental Health agencies actively participate in this movement, dedicated to ending the stigma, extending support, fostering public education and advocating for policies that prioritize the well-being of individuals and families affected by mental illness.

#### Facts about Mental Health

- 1 in 5 U.S. adults experience mental illness each year, and only half of them receive treatment.
- 1 in 20 U.S. adults experience a serious mental illness each year, and only two-thirds receive treatment.
- 1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- 122 million people live in Mental Health Professional Shortage Areas.
- In 2020, 1 in 5 young people reported that the pandemic had a significant negative impact on their mental health.
- In 2020, there was a 31% increase in mental health-related emergency department visits among adolescents.
- As of 2021, 1 in 10 young people under age 18 experienced a mental health condition following a COVID-19 diagnosis.
- More than three quarters of Americans (76%) say they are not content with the status of mental health treatment in this country.

\*All information is from nami.org National Alliance on Mental Illness\*

# Warmline Support & Local Resources

## **New Hampshire Rapid Response Access Point 1-833-710-6477**

This helpline is responsible for a centralized contact center for individuals experiencing a mental health and/or substance use crisis. The contact center consolidates and streamlines access to mental health and substance use disorder services when you need it most. This service is for the individual or family members.

## **One Peer to Another Warmline Warmline operates 5pm - 10pm 1-800-306-4334**

Operates 7-days a week 365/year including holidays. The Warmline is to help keep people connected and supported during difficult times when the centers are closed. Our operators are paid peers and not professionals.

## **Resources 211**

Provides help with Mental Health and Substance Misuse it is NH's first statewide, comprehensive, information and referral services. Thanks to a unique coalition of non-profit government, corporate and volunteer partners, New Hampshire residents need only dial 211 to be connected, at no cost, with trained information and Referral Specialists who can help provide them with the health and human service information they need to get help, give help, or discover options.

## **The Substance Abuse and Mental Health Services Administration (SAMHSA) 988**

The agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. This service is for individuals and families needing help. You can call or text 988.

## CONTACT INFORMATION:

### **One Peer to Another, Laconia**

328 Union Ave, Laconia, NH 03246  
603-528-7742

Michelle LaDue, Executive Director  
Email: michelle@onepeer.org

Miranda Lessard, Peer Support Specialist  
Email: miranda@onepeer.org

### **One Peer to Another, Concord**

244 N. Main Street, Concord, NH 03301  
603-224-0894

Michelle LaDue, Executive Director  
Email: michelle@onepeer.org

Dan Stanwood, Program Coordinator  
Email: dan@onepeer.org

Megan Ferron, Peer Support Specialist  
Email: megan@onepeer.org

### **One Peer to Another, Franklin Outreach**

Wayne Hilliard, Outreach Coordinator  
Email: wayne.h@onepeer.org

### **One Peer to Another, Pemi Valley**

Cindy Robinson, Outreach Coordinator  
603.412.7050  
Email: cindy@onepeer.org

WARMLINE: (800) 306-4334, 5-10 pm, 7 days per week