

September Newsletter

ONE PEER TO ANOTHER

September 2024



Here's what has happened in the last month and what's to come!

Welcome to our One Peer to Another newsletter! We are thrilled to share with you the latest in our mission to make a positive impact in our community.

Firstly, we would like to express our gratitude to all of our donors and volunteers who have continued to support us with all of your generous donations. Your generosity and dedication have allowed us to keep our programs running smoothly and effectively.

In terms of our recent activities, we have been working on creating more educational opportunities for our members. We will be having a group to learn and navigate Excel spreadsheets.

Also, we will be helping out at a Supported Employment Event run by Lakes Region Mental Health Center at 40 Beacon St. E. in downtown Laconia.

Last month we did have a great turn out at our Cookout, Games & Tie-Dye day at the Laconia Center, we appreciate anyone who came and participated. As well as our Field Trip day to Funspot, we were fortunate enough for the Funspot team to be able to fit all of us in!

Together, we can make a real difference in the community and help support all those who use our services. Thank you for your continued support!

Enjoy this month's newsletter!

In this newsletter you can expect:

Events at One Peer to Another

Upcoming Trips

National Recovery Month Information

Suicide Prevention Month Information

Events in the Community

Laconia One Peer to Another Happenings

- September 1st- Community/Member Meeting
- September 2nd- Holiday/Labor Day CLOSED
- September 5, 12, 19, & 26- Computer Skills
- September 6th- Movie
- September 17th- NHMHPA (New Hampshire Mental Health Peer Alliance) Meeting via Zoom
- September 18th- Supported Employment Event @ Lakes Region Mental Health Center 40 Beacon St E. Laconia, NH
- September 20th- Field Trip to the Audubon Society (sign up by 9/13)

Events in the Community



Celebrate With Us!
SUPPORTED EMPLOYMENT EVENT

Who's Invited?

- Community Partners
- Current Supported Employment Members
- Individuals interested in exploring employment supports

What to Expect

- Informational Sessions
- Networking Opportunities
- Food and Drinks

PLEASE RSVP to Nicole Tremblay, Supported Employment Facilitator
Call or Text (603) 832-1299
Email: NTremblay@lrnhc.org

11:00 AM - 1:00 PM
Wednesday, September 18th
Lakes Region Mental Health Center
40 Beacon Street E.
Laconia, NH 03246

REGISTER TODAY

Lakes Region Mental Health Center

In Our Own Voice

NAMI NH Volunteer Opportunity
Your Story of Recovery With Mental Illness

Challenge the stereotypes and stigmas around mental health conditions by sharing your story in the community!
Join other NAMI NH In Our Own Voice volunteers in spreading understanding and hope by becoming a trained presenter and sharing your journey towards wellness.

Free Virtual Training
8 hours of self-paced training (to be completed by Sept 6th)
Live virtual training September 21, 2024 9:00am - 5:00pm

Training will cover:

- How to write your story
- How to prepare a presentation
- How to modify your story for specific audiences

To apply, please complete:
• The NAMI NH volunteer application <https://www.naminh.org/volunteer/>
• The In Our Own Voice application <https://tinyurl.com/2024NAMIHOV>
Questions? Contact Michele Watson mwatson@naminh.org

ABOUT NAMI NH
NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to leading better lives for the millions of Americans affected by mental illness.
NAMI New Hampshire and the dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community living with mental illness and their loved ones.

NAMI New Hampshire | 88 North Street | Concord, NH 03301
Michele 603-283-0284 | 603-225-0339 | info@naminh.org
www.naminh.org

NAMI
National Alliance on Mental Illness
New Hampshire

Laconia Multicultural Festival

Saturday, September 7th • 10am-3pm



Crafts
Live Events
Food
Exotic Animals
Children's Corner
Live Entertainment
World of Dogs Show

Rotary Park Downtown Laconia, NH
Thanks to Our Sponsors



Take Action: Prepare to Act for Mental Health in 2025!

FREE
Fall 2024
Advocacy
Training



IT'S YOUR MOVE!

The most effective way our NH legislators and local decision makers learn about mental health needs is hearing from YOU – their constituents!

All sessions will be held virtually on Zoom. | Training is FREE. | Registration is required.

Basic 1.0
Sat. Sept 28th
9 am - 4 pm
or
Thursday, Sept. 26th & Thursday, Oct. 3rd
5 pm - 8 pm

Advanced 2.0*
*prior advocacy training required
Saturday, October 26th
9 am - 4 pm

Register:
tinyurl.com/2024IYM
Questions?
djurkoic@naminh.org



NAMI New Hampshire
88 North State Street, Concord, NH 03301 | www.naminh.org



National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions. This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate Recovery Month. They speak about strides made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and foster a greater understanding about mental and substance use disorders.

Recovery Month will continue to educate others about substance use disorders and co-occurring disorders, the effectiveness of treatment and recovery services, and that recovery is possible. All of us, from celebrities and sports figures to our co-workers, neighbors, friends, and family members, throughout our lives have experienced peaks and valleys, both big and small. But with strength, support, and hope from the people we love, we are resilient.



Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Month it is a time to raise awareness of this stigmatized, and often taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.



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.

One Peer to Another, Laconia

328 Union Ave, Laconia, NH 03246

603-528-7742

Michelle LaDue, Executive Director

Email: michelle@onepeer.org

Chelsea Baker, Program Coordinator

Email: chelsea.baker@onepeer.org

One Peer to Another, Concord

244 N. Main Street, Concord, NH 03301

603-224-0894

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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
