



VOTE FOR MENTAL HEALTH



Elections Are About Mental Health

Elections are about more than parties and politics — elections are about mental health. Your vote matters for people affected by mental health conditions. Learn more, spread the word and take the pledge to [#Vote4MentalHealth](#) at www.vote4mentalhealth.org.

JOIN SAMHAJ SUPPORT GROUPS MEETING ONLINE



SAMHAJ Family Support Group
For Family Members, Caregivers, and
Friends of People with Mental Health
Conditions.

Date: Thursday, November 3rd, 2022
Time: 7:00 p.m. - 8:30 p.m. ET
Venue: Online - Zoom



SAMHAJ Recovery Support Group
For Individuals with Lived Experience of
Mental Health Conditions.

Date: Thursday, November 3rd, 2022
Time: 7:00 p.m. - 8:30 p.m. ET
Venue: Online - Zoom

REGISTER HERE FOR THE SUPPORT GROUPS

Click here for NAMI NJ Online Support Groups

PRESENTATIONS & WORKSHOPS

Building Bridges with Trust and Communication

Presented BY: Anjali Badrinath

Date: Thursday, December 1st, 2022
Time: 7:00 pm -8:00 pm ET - Online via Zoom

One of the major issues contributing to mental health challenges faced by South Asian immigrant families is the disconnect between children and parents. This can begin to build up due to a lack of various factors, such as trust, communication, and perspective. If not addressed appropriately, the issue can expand into an irreparable relationship. In this presentation, our discussion will be rooted in the status of our emotional regulation and maturity with regards to connecting between generations. The goal is to feel comfortable being open and visible with one another's feelings, so that both parents and children can accept differences and create space for acceptance. We will be having a discussion/brief support group after the presentation on December 1st. Thank you!

Register here for 'Building Bridges with Trust and Communication' Presentation

FALL PASTELS FOR ALL



“Art is unquestionably one of the purest and highest elements in human happiness. It trains the mind through the eye, and the eye through the mind. As the sun colors flowers, so does art color life.” ~John Lubbock (1834-1913), “The Pleasures of Life”

Intensive Family Support Services (IFSS) of Middlesex County
 Supported by National Alliance on Mental Illness (NAMI) of Middlesex County organizing 'Fall Pastels for All'.

Artmaking delivers many health benefits. It is therapeutic because it allows the mind to focus on the images at hand and on nothing else. This leads to one central image that draws the mind and the body in on one task. You can wear some old clothes, pick up on pastel, and try out this enjoyable hobby, while being led in a step-by-step oil pastel activity. Don't miss this opportunity for self-care!

** Families and Adult Consumers Welcome to Attend - Registration Required - Register Soon, Space is Limited! **

Please call IFSS at 732-235-6184 to register no later than Tuesday, Nov 1, 2022.

Event Parking Permit will be required - get details upon registration

STATEWIDE RESOURCES

Where to get help

NAMI HelpLine

New Jersey State Psychiatric Hospitals

988: Reimagining Crisis Response

A NAMI Resource Guide to Navigating - A Mental Health Crisis

Check out events recommended by NAMI NJ, County Affiliates and other mental health organizations

From the New Jersey Department of Children and Families



BOOKLET FOR NEWCOMERS TO NEW JERSEY

The Office of New Americans has developed a *Welcome Booklet for Newcomers* to support information, referral and navigation of key services and resources available to newly arrived immigrants. This tool is especially important as we welcome an increase number of newcomers in New Jersey communities. The booklet provides an outline of the immediate services- from legal supports, food assistance and healthcare - that can assist newly arrived immigrants to New Jersey. The booklet available online [HERE](#) also has direct links to websites including additional program and contact information.

Welcome Booklet Flyer and Booklet: Welcome to New Jersey



OCTOBER OUTREACH & EVENTS

SAMHAJ would like to share a summary with you on some of the events from the past month. Here is what we accomplished in October:

SUPPPORT GROUPS: Thanks to our wonderful facilitators we were able to successfully host our peer connections and family support groups on the first Thursday of the month October 6th, 2022.

NAMIWalks NJ 2022: Thanks to wonderful volunteers and NAMI NJ SAMHAJ family we were able to reach many individuals and families through NAMIWalks NJ. Our SAMHAJ families participated in NAMIWalks NJ 2022 in both the locations and SAMHAJ team raised \$500+ this year. Thank you to all the donors and virtual and in person walkers. Online donation is still open [Team SAMHAJ](#) and appreciate all the support.

ANNUAL EMOTIONAL WELLNESS FAIR: Thanks to Cornerstone counseling center for giving NAMI NJ SAMHAJ an opportunity to table and spread mental health awareness at their annual emotional

wellness fair on October 23rd. Thanks to SAMHAJ volunteer Zulekha for participating in the outreach and helping SAMHAJ spread the awareness about mental health. There were about 100 attendees.

AASJ 5K: Thanks to AAASJ for giving NAMI NJ's both Asian multicultural programs CAMHOP & SAMHAJ to table and talk about our programs at their 5K mental health awareness event on October 23rd. Thanks to Sesha and Saket Bolisetty for representing SAMHAJ.



STORY INSPIRED BY TRUE EVENTS



Teenage depression is a topic that has come to the forefront during COVID-19. It is particularly prevalent among South Asians as depression is considered a taboo by most parents. They will try their best to hide it or ignore it hoping that it's part of teenage hormones and it will go away. The underlying fear is how society will judge

them if they find that their kids have mental illness. **Log Kyaa Kahenge** is the most often used sentence.

AnGsT is a story about the journey of a teenager going through depression and the impact that it has on a middle-class immigrant family. The story also explores how South Asian parents undermine the importance of mental health and put undue pressure on their kids to perform well in academics to maintain their status in society. The movie will be released in early 2023 via OTT platform. The updates about the story can be found via their Facebook page - <https://www.facebook.com/movieangst/>

PSYCHIATRIC ADVANCE DIRECTIVES - PAD

A Psychiatric Advance Directive (PAD) is a written legal document that expresses an individual's preference about their mental health care during a personal mental health crisis. This document has information about what type of treatments, services and other supports the individual wishes or do not wish to have.

<https://www.nj.gov/humanservices/dmhas/resources/mental/pad/>

RESPITE CENTER



WELLNESS RESPITE SERVICES | ESSEX COUNTY

CSPNJ now offers free mental health services to adults, 18 yrs and older, in Essex County and beyond.

If you are in crisis, feeling depressed, anxious, stressed or overwhelmed with life's circumstances, we can help.



Our Respite provides a professional, peer-operated alternative to hospitalization in a warm, supportive environment.

We are staffed 24 hours a day, 7 days a week by people trained in supporting others to transform a crisis into an opportunity for enhancing personal wellness and recovery.

Please call for more information about a Respite stay today: **(862) 229-1401** or visit www.cspnj.org

CSPNJ is now offering free mental health services to adults, 18 yrs and older, in Essex County and beyond.

Please call : (862) 229-1401 or visit www.cspnj.org | [Download Brochure](#)

CSPNJ Peer Respite

Respite is a safe alternative to an inpatient psychiatric hospitalization. As a peer-run initiative, Respite staff provide 24/7 peer to peer support in working through a behavioral health crisis in a comfortable setting in which guests can establish positive coping skills and become empowered. Establish healthy habits and routine. For more information please click on [CSPNJ Peer Respite](#).

COVID-19 CRISIS COUNSELING SERVICES

CRISIS HOTLINES

The **New Jersey Hope and Healing Crisis Counseling Program (CCP)** is provided by NJ provider agencies in collaboration with the NJ Department of Human Services Division of Mental Health and Addiction Services (DMHAS).

[Visit the DMHAS webpage](#) for a list of agencies providing county-based services, including those for special populations.

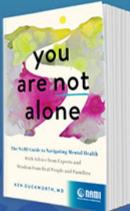
YOU ARE NOT ALONE

THE BEST HELP THAT I RECEIVED...

...was peer support in the hospital. When I became a peer specialist, I never saw myself as knowing more than the people I was helping. I saw myself as learning from them just as much as they were learning from me. I never looked at my recovery and thought, 'I arrived and I'm here.' It was an exchange for me."

— Lloyd Hale

nami.org/notalonebook

It's finally here! NAMI's first-ever book, "You Are Not Alone" by Dr. Ken Duckworth, NAMI's Chief Medical Officer: NAMI's Guide to Navigating Mental Health" is now available.

This comprehensive guide includes stories from more than 130 people who have been there — people with mental illness and their caregivers — and understand how challenging it can be to find the help you need, when you need it. Their stories are what makes this book different from your typical mental health guide.

ORDER YOUR COPY TODAY

SAMHAJ OFFERS HOPE, RECOVERY AND RESILIENCE

South Asian American Mental Health Awareness in Jersey is a NAMI NJ initiative to provide support, education and advocacy to people of South Asian origin in NJ who are affected by mental illness. We offer support groups, educational events and phone referral service.

Donate Today!

At the option- Feel free to let us know why you are passionate about our cause! Please mention you would like to designate your contribution to SAMHAJ program. Thank you!

SAMHAJ - NAMI New Jersey
 email: samhaj@naminj.org | phone: 732-940-0991 Ext 110
www.naminj.org/programs/multicultural/Samhaj

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