Supporting a Loved One in a Mental Health Crisis

December 8, 2021

NAMI NH Education Programs
- NAMI Basics
- Family-to-Family
- Connect Suicide Prevention
- Peer-to-Peer
- Side by Side
- Crisis Intervention Team Program

Advocacy at NAMI NH
- It’s Your Move
- In Our Own Voice
- Life Interrupted
- SurvivorVoices
- NAMIWalks NH

NAMI NH Support Groups
- Families of Adults
- Parents of Children
- Survivors of Suicide Loss
- Individuals with Mental Illness
- First Episode Psychosis/Early Serious Mental Illness

Additional NAMI NH Supports
- Facebook Support Groups
  - Families of Adults
  - Parents of Children
  - First Episode Psychosis/Early Serious Mental Illness
  - Military/Veteran Families

1:1 Support
- Families/Individuals
- Military/Veteran Families
- Parents of Children

Info & Resource Line
1-800-242-6264
info@naminh.org
Service Members, Veterans and their Families Resources

NAMI Homefront

NAMI NH Info Line
• 1-800-242-6264
• info@naminh.org

Facebook Support Group
• Veterans/Military Families

COVID Coach from VA
• VA mental health apps - https://mobile.va.gov/app
•store/mental-health

Veterans Crisis Line
• 1-800-273-8255, press 1
• Text 838255

NH Community Mental Health Centers –
www.nhebha.org

NH Peer Support Agencies –
https://www.dhhs.nh.gov/dcbcs/bbh/peer.htm

Peer support services are provided by and for people with a mental illness and are designed to assist people with their recovery.

Services include, but are not limited to: face-to-face and telephone peer support; outreach; monthly educational events; activities that promote self-advocacy; wellness training; after hours warm line; crisis respite (24 hours, short-term, non-medical crisis program).

Crisis Lines

Tips for managing this journey

• Get outside
• Sleep
• Exercise
• Stretch (yoga anyone?)
• Nutrition —think rainbow
• Water is life
• Attitude and gratitude
• Stay connected
• Check in
• Be festive
More tips for the family members

- Recognize your importance!
- Ask others for help
- Seek professional guidance
- Recognize that daily routines change can add stress – especially at holiday time!

Manage your self-care as if you are your own caregiver!

Hmm... Wait a minute... You ARE your own caregiver!

- Take responsibility
- Realistic expectations
- Focus on what you CAN do
- Set goals and work toward them
- Learn from your emotions
- Get help when needed
- Communicate effectively

Contact NAMI NH

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