

THE BERKELEY COMMUNITY MENTAL HEALTH CENTER



C. H. E. E. R.



* Community * Health * Education * Empowerment * Resources *

SERVICES (payment plan for those who qualify):

- Crisis Intervention
• Individual Therapy
• Adult Peer Support
• Family Therapy
• Child/Teen Therapy
• Children's School-Based Intervention
• Psychiatrist & Nurse Visits
• Supported Employment (IPS)
• Care Coordination
• Medication Financial Assistance

GROUP THERAPIES

- Health & Wellness
• Grief and Loss
• Recovery for Life
• Recovery In Motion
• Youth In Transition
• Social Skills Group for Girls
• Stress Relief
• Dialectical Behavior Therapy (DBT)
• Parenting

There Is A Light At The End Of The Tunnel

I've been reflecting a lot on my college experiences ever since graduation and finally puckerd up courage to compose this post. I have to tell you, it was not easy at all for me to write this and a lot of tears were shed in the process.

Yes. Depression. It's real, and no, it's not something people can just "snap out of." I want to start off by just providing some key facts about depression before delving into my personal experience dealing with it and how I finally recovered.

There are so many people I want to thank for helping me get through this.

To my family: thank you for encouraging me to seek help and for reassuring me that it's okay to take medication for depression because it is, after all, caused by a chemical imbalance in the brain.

To my sweet, sweet friends: thank you for giving me the courage to keep going, for telling me to put down my thoughts and feelings in a journal, for stating that my dreams and goals were not impossible to achieve despite this condition.

To all those out there struggling, please know that you are not alone. As J. K Rowling, who created the soul-sucking dementors based on her personal experience with depression, stated best, "[the dementors] are bothering a unique, valuable human being who deserves happiness. Ask for help. Don't fight alone. Big hug."

So, friends, be nice. Everyone is fighting a battle we know nothing about. Also, just as a side note to students, workers, everyone to be honest, set aside petty jealousies and trivial personalities and just care for each other. Life's way too short!

From Personal Stories

www.nami.org

Suicide Hotline

Phone Numbers

1-800-273-8255 (1-800-273-TALK)

or Text to 838255

1-800-784-2433 (1-800-SUICIDE)

Or Text to 741741

1-866-488-7386 (for LGBTQ youth)

9-1-1

IPS:

Individual Placement And Support Program

A Joint Venture with

South Carolina Vocational Rehabilitation

Philosophy: The IPS Program philosophy is that everyone has the potential to work given the proper employment placement and support.

Program Components

Supported Employment: Provides ongoing support services or extended services to enable persons who are recovering with a disability to work in an integrated work setting.

Support Services include:

- ◆ Peer Support
◆ Resume Writing
◆ Interviewing Skills
◆ Career Exploration
◆ Benefits Counseling



"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

~ Carl Bard

Visit our web site at

www.berkeleymentalhealth.org/

Suicide Prevention

Every year 44,193 Americans die by suicide, making it the 10th leading cause of death in the US.

Risk Factors and Warning Signs

What leads to suicide?

There's no single cause for suicide. Suicide most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety and substance problems, especially when unaddressed, increase risk for suicide. Yet it's important to note that most people who actively manage their mental health conditions lead fulfilling lives.

Suicide Warning Signs

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

Health Factors

- Mental health conditions
 - o Depression
 - o Bipolar (manic-depressive) disorder
 - o Schizophrenia
 - o Borderline or antisocial personality disorder
 - o Conduct disorder
 - o Psychotic disorders, or psychotic symptoms in the context of any disorder
 - o Anxiety disorders
 - o Substance abuse disorders
- Serious or chronic health condition and/or pain

Environmental Factors

- Stressful life events which may include a death, divorce, or job loss
- Prolonged stress factors which may include harassment, bullying, relationship problems, and unemployment
- Access to lethal means including firearms and drugs
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

Historical Factors

- Previous suicide attempts
- Family history of suicide attempts

NAMI MEETINGS

*For Individuals in Recovery

*For Family members of People Recovering from Mental Illness

Moncks Corner

*Both Groups meet

1st Tuesday of every month from 6:00-7:30pm

Moncks Corner Baptist Church

500 E Main St

*Individuals in Recovery only

4th Thursday of every month from 1:30-2:30pm

Berkeley Community Mental

Health Center

403 Stony Landing Rd

Summerville

*Both Groups meet

3rd Monday of every month from 6:00-7:30pm

Bethany United Methodist Church

118 West Third South St

Is it flu or cold symptoms?

Symptoms	Cold	Flu
Fever	Sometimes, usually mild	Usual; higher (100-102 F; occasionally higher, especially in
Headache	Occasionally	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last 2 to 3 weeks
Extreme Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
Complications	Sinus congestion; middle ear infection	Sinusitis, bronchitis, ear infection, pneumonia; can be life-threatening
Prevention	Wash hands often; avoid close contact with anyone with a cold	Wash hands often; avoid close contact with anyone who has flu symptoms; get the annual flu vaccine
Treatment	Decongestants; pain reliever/fever reducer medicines	Decongestants, pain relievers, or fever reducers are available over the counter; over-the-counter cough and cold medicines should not be given to young children; prescription antiviral drugs for flu may be given in some cases; call your doctor for more information about treatment.