

ROADS TO RECOVERY NEWSLETTER

Created by Dual Recovery at Warren Washington Association for Mental Health to support individuals in recovery

A NEWSLETTER FOR YOU
AND ABOUT YOU

SPOTLIGHT TOPIC Color Can Impact Our Lives & Wellbeing

BY GINGER MILLER

I've always felt that colors were a way I could express myself, whether in painting, the clothing I chose to wear, or some other way. I began wondering if there had been any research on that subject and found that there is actually quite a lot.

According to Psychology Today, colors can affect our moods, emotions, behaviors, and focus, and it can impact our mental health in various ways. The colors of things around us can play a role in how we react and respond. It can affect how we interact with one another. It can even affect our purchases. Today there are some new-age practices that use colors supporting the concept that colors impact our lives, such as Feng Shui, chakras, and color therapy.

So, where do these color meanings stem from? Journalist Abigail Bassett provided some guidance on this topic, as did Psychology Today after conducting a broad-reaching and collaborative International Color-Emotion Association Survey. The meanings largely come from psychological effects, biological conditioning, and cultural developments. Some color meanings are deeply rooted in our brains because they're visible all around us. For example, we commonly see red as the color of fire and being associated with hot, and we commonly see green as the color associated with nature. We're biologically wired to pay attention to bright colors because brightly colored animals or plants are often poisonous. We're drawn to red fruit over green fruit because the color indicates ripeness and sweetness.

Red is associated with the heat of energy, passion and love. We "see red" when we're very angry and it's also the color of blood, power and danger, making it a powerful color in branding. Think of the bold red of a fireman's truck or the 'stop' sign in traffic. Red is also said to stimulate appetite, which is why it's popular in fast food chains. A couple other phrases, "caught red handed" and "in the red" (as in accounting) could be linked with the implication of danger.

Orange is a secondary color, a combination of the warmth and heat of red with the playfulness and joy of yellow. It attracts attention without being as powerful. It's an energetic color that can bring to mind health and vitality, with the obvious link of oranges and vitamin C. It's a youthful color that brings an element of vibrancy and fun.

Red is for energy,
passion, and
danger

Orange is for
creativity, youth,
and enthusiasm

IN THIS ISSUE:

SPOTLIGHT TOPIC
Color Can Impact Our Lives & Wellbeing
PAGE 01 - 02

UNDERSTANDING THE DIAGNOSIS
Nonsuicidal Self-Injury Disorder
PAGE 03 - 04

INSPIRATION & MOTIVATION
PAGE 04

THE FUN SPOT
Tricky Grammar & Poetry
PAGE 05

HEALTH AND WELLNESS
What Kind of Mental Health Care Should I Seek?
PAGE 06 - 07

THE MARCH CHALLENGE
PAGE 07

RECOVERY RESOURCES
PAGE 08

Color Can Impact Our Lives & Wellbeing (Cont'd)

Yellow is for hope, happiness, and spontaneity

Yellow is the color of the sun, smiley faces, and sunflowers. It is a happy, joyful, and youthful color, full of hope and positivity. It is welcoming and engaging. Yellow has also been associated with mood-boosting and positive thinking.

Green is universally associated with nature. It also represents growth and renewal, being the color of spring and the return of grass, plants, and trees – which would explain the phrase referring to someone as having “a green thumb”. Green is associated with calming properties, which is why many schools, hospitals, and medical buildings are green inside. Another association is “getting the green light” to go ahead, giving it an association with taking action. In the US, green (and especially dark green) is also associated with money, representing prosperity and stability. This could be where the phrase “green with envy” stems from.

Green is for nature, growth, and harmony, as well as wealth and stability

Blue is for calm, trust, and intelligence

Blue is a serene and calming color that represents intelligence and responsibility. Blue is cool and relaxing. Light baby blue is peaceful, while dark blue can signify depth and power. Blue is also considered an energizing color and is associated with concentration and clarity of thought, according to some studies. It is also the most popular ‘favorite’ color in the world for both men and women.

Purple has similar soothing properties to blue and can be an imagination stimulator as well. Purple is associated with royalty and is inherently prestigious and luxurious. Purple dye was historically expensive, which meant that only wealthy rulers could afford it. The ruling classes and kings and queens of old would wear purple and Queen Elizabeth I even forbade anyone outside of the royal family from wearing it. Purple is also associated with religion and spirituality, since the ancient rulers were thought of as descendants of the gods, and the color holds a special meaning in religions such as Catholicism, Judaism and Buddhism.

Purple is for luxury, mystery, and spirituality

Pink is for femininity, playfulness, and romance

In modern times, it’s impossible to see pink and not think of little girls, cotton candy and brightly colored bubble gum – perhaps lending to the phrase “tickled pink”. Pink represents femininity and romance, sensitivity, and tenderness. It’s inherently sweet, cute, and charming.

Brown is a natural color, associated with the earth and as a result, giving a sense of stability and support. Brown brings to mind farming and agriculture and other outdoorsy activities. It’s warm and friendly, practical and dependable, and can also represent the “old-fashioned” and “well-established”.

Brown is for wholesomeness, warmth, and honesty

Black is for elegance, power, and sophistication

Black is an incredibly versatile color. Black is generally associated with exclusivity, power, and elegance. It’s bold, powerful and a little mysterious. It is inherently a neutral color that works well in combination with any other color. In western culture, black is also associated with death, mourning, and sorrow, perhaps where a person feeling like the “black sheep of the family” stemmed from. A black room can make things feel a bit melancholy or elicit feelings of intimacy, closeness, and drama.

White is universal as a room color and often used to make space feel larger, cleaner, and more open. If you know your science, then you’ll know that white light actually contains all the colors of the rainbow—but to the naked eye at least, white is the opposite: it’s the absence of any color. In Western cultures it’s often associated with virginity (think of brides wearing white on their wedding day as a symbol of purity), while in some East Asian countries it’s the color of mourning. It is the most neutral color of all.

White is for minimalism and simplicity

After looking at all of these individual color associations and influences, you might wonder what feelings come up when you bring several or all of them together? I think of things like Rainbows, Rainbow Brite, Care Bears, Crayons, fireworks. And what about the phrase to “pass with flying colors”? They give a feeling of playfulness and appeal to children or more creative individuals.

In conclusion, look for the March challenge related to this article and as very colorful Cyndi Lauper sang, “don't be afraid to let them show, your true colors, true colors are beautiful like a rainbow” (see what I did there? 😊) I’m encouraging you to do as well!



UNDERSTANDING THE DIAGNOSIS

Nonsuicidal Self-Injury Disorder (NSSID)



BY GINGER MILLER

Have you ever noticed someone with scars across their wrists or some other scars that were probably self-inflicted and wondered why a person would do such a thing to themselves? The urge to self-harm isn't as uncommon as people may think, especially in adolescents and young adults, and most people that self-harm try to hide it and keep it a secret.

There was a short time period in my early teens I would cut or 'carve' my wrists and arms with razors, paperclips, needles or broken glass. I would pour hot candle wax on my hands. I would sit against a concrete wall and bang my head against it. People tended to either ignore it or get angry with me which only added to the internal pain that was pushing me to do those things. (I now understand that it wasn't that they didn't care necessarily, it was more likely they didn't understand it or know how to help, and it scared them.) When people did ask me why I did it, I couldn't really communicate why. I'm not sure I even fully understood why at that time. There were days that I didn't bother to try to hide it, I figured they were physical indicators of pain that others might be able to see and understand... I felt that no one could see or understand the inside pain I was feeling. These behaviors weren't suicide attempts (yet). When I started talking with a counselor about it, I slowly became able to explain some of it. These had become my coping mechanisms. The physical pain was a way of releasing some of the emotional turmoil I was in. I felt it was something I had control over when I couldn't control the chaos in my life and head. I didn't know how to identify my feelings, much less how to express them - feelings of loneliness, rejection, worthlessness, anger, guilt, self-hatred or confusion.

National Alliance on Mental Illness (NAMI) offers hope for individuals struggling with NSSID. Many can overcome it with treatment. The first step for a person that self-harms is to talk to a medical professional, trusted friend, or family member so they are able to begin understanding their behavior and start finding relief. If you're injuring yourself, even in a minor way, or if you have thoughts of harming yourself, reach out for help. Any form of self-injury is a sign of something bigger going on that needs to be addressed. While it is common to feel ashamed and embarrassed about your behavior, you can find supportive, caring, and nonjudgmental help.

According to the Mayo Clinic, here are some signs and symptoms of someone struggling with self-harm that you can look for:

- Scars, often in patterns
- Fresh cuts, scratches, bruises, bite marks or other wounds
- Excessive rubbing of an area to create a burn
- Keeping sharp objects on hand
- Wearing long sleeves or long pants, even in hot weather
- Frequent reports of accidental injury
- Difficulties in interpersonal relationships
- Behavioral and emotional instability, impulsivity, and unpredictability
- Statements of helplessness, hopelessness, or worthlessness
- Pulling out hair
- Picking at wounds to keep them from healing

Many people self-injure only a few times and then stop. But for others, self-injury can become a long-term, repetitive behavior and the scars caused by frequent cutting or burning can be permanent. If you have a friend or loved one who is self-injuring, you may be shocked and scared. Take all talk of self-injury seriously. Although you might feel that you'd be betraying a confidence, self-injury is too big a problem to ignore or to deal with alone. Keep in mind that this is a behavior that might be part of a larger condition and there may be additional signs of emotional distress. They might make statements that sound hopeless or worthless, have poor impulse control, or have difficulty getting along with others.



DID YOUKNOW?

MARCH 1ST IS SELF-INJURY AWARENESS DAY

SIAD is an international event that is recognized across the globe. LifeSIGNS has supported Self-Injury Awareness Day for well over a decade, and they are the number one resource for SIAD material.

Raising awareness about self-injury is incredibly important. Awareness leads to understanding and empathy, banishing judgment and fear, and reducing the number of people who feel alone and suffer in silence. Raising awareness is about educating people who do not self-injure, and reaching out to people who do. The day also encourages people to open up about their self-harming behavior and to talk about how they coped with it. People supporting the cause wear an orange ribbon. To find out more or to help raise awareness, visit:

<http://www.lifesigns.org.uk/>

Nonsuicidal Self-Injury Disorder (Cont'd)

Here are some ways to help someone struggling with NSSID:

- *Your child.* You can start by consulting your pediatrician or other health care provider who can provide an initial evaluation or a referral to a mental health professional. Express your concern, but it is important not to yell at your child or make threats or accusations.
- *Preteen or teenage friend.* Suggest that your friend talk to their parents, teacher, school counselor, or another trusted adult.
- *Adult.* Gently express your concern and encourage them to seek medical and mental health treatment.

If you're worried a family member or friend might be hurting themselves, ask them how they're doing and be prepared to listen to the answer, even if it makes you uncomfortable. This may be a hard subject to understand. One of the best things is to tell them that while you may not fully understand, you'll be there to help. It is important not to dismiss emotions or try to turn it into a joke. Gently encourage someone to get treatment by stating that self-harm isn't uncommon, and doctors and therapists can help. If possible, offer to help find treatment. But try not to get offensive or make the person promise to stop, as it takes more than willpower to quit.

According to NAMI, there are effective treatments for NSSID that can allow a person to feel in control again. Psychotherapy is important to any treatment plan in order to learn new coping mechanisms to effectively manage emotions. Depending on any underlying illness, a doctor may prescribe medication to help with difficult emotions. For someone with depression, for instance, an antidepressant may lessen harmful urges. A doctor might recommend different kinds of therapy, depending on the diagnosis, including psychodynamic therapy, which focuses on exploring past experiences and emotions, cognitive behavioral therapy, which focuses on recognizing negative thought patterns and increasing coping skills, and dialectical behavioral therapy, which can help a person learn positive coping methods.

Here are some options to consider if you or someone you know are having suicidal thoughts:

- *Call your mental health care professional, doctor, or other health care provider*
- *Call a suicide hotline, such as the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255), or use their webchat on suicidepreventionlifeline.org/chat.*
- *Visit the website <https://www.crisistextline.org/topics/self-harm/#what-is-self-harm-1> for additional support*
- *Text CONNECT to 741741 24/7 Crisis out-reach for identifying a healthy coping mechanism*
- *Reach out to a close friend or loved one.*
- *Contact a spiritual leader or someone else in your faith community.*

INSPIRATION & MOTIVATION



THE FUN SPOT

Tricky Grammar & Poetry

MARCH 4TH IS NATIONAL GRAMMAR DAY

DID YOU KNOW?

AND MARCH 21ST IS WORLD POETRY DAY

AND DON'T FORGET TO 'SPRING AHEAD' ON MARCH 13TH FOR DAYLIGHT SAVINGS TIME!

Fill in the blanks in each sentence with the correct word from the right column.

- If _____ tired you should go to bed.
It is _____ turn to drive.
- _____ a complicated situation.
The golden retriever is known for _____ gentle personality.
- The medicine may _____ your eyesight.
The _____ of the tornado was devastating.
- Hank and _____ went to the zoo.
Mary gave Sarah and _____ tickets for the movies.
- Sue gave me _____ pieces of gum, then she gave one _____ Jack _____.
Melanie went _____ class for _____ hours, Vicki did _____.
The iced tea was _____ sweet.
- I will be no later _____ 7 pm.
I answered two questions _____ I got stuck.
- I _____ there are no mistakes on this page.
The tickets will _____ that you have a seat at the event.
The homeowner's policy will _____ for damages to your home.
- _____ is a time to speak and a time to be silent.
It is _____ turn to roll the dice.
When _____ finished you may go in.
- Will you come _____ after work?
I want to _____ the TV better please turn up the volume.

Your
You're

Its
It's

Affect
Effect

Me
I

To
Two
Too

Then
Than

Ensure
Insure
Assure

They're
There
Their

Hear
Here

Addiction
By Darren Anderson

A cloud is looming overhead,
Weighted I feel as I rise from bed.
A need for something, whatever the fix.
Its voice is talking, playing tricks.
Must do something, I feel the need.
A monster is there that I must feed.

In many forms it takes a hold.
Without the food, I feel the cold.
It's like a force that pulls me in.
The want for something, whatever the sin.
It's like a bully that won't leave me alone.
Trapped I feel when I'm all alone.

Its diet is varied, from one to the other.
The need is great, like a demanding lover.
Whether it's drugs, shopping, smoke, or sex,
It's hard to escape its powerful hex.
It must have a weakness. I must find a way
To rid me of evil, this beast I must slay.

Drugs are the worst, the strongest of all.
So many ways to trigger a fall.
The deeper you go, the harder it gets,
Trying to escape its horrible sweats.
Its soldiers hunger, yearn and crave.
Into adversity you must be brave

Whatever its form, this demon inside,
An army is there for you to confide.
It CAN be broken, but the road is long.
Possible to beat, the need to be strong.
Don't face it alone; confront it full on.
After a time, the evil is gone.

ANSWER KEY ON PG 7

Now You've Recovered
By Charles A Cino

When you recover, what will you do?
When you recover, will you still be you?
Will you be stronger, will you be new,
When you recover from what you've been through?

Can life get better than it was before?
Will you realize your dreams and improve your score?
Will people still remember your name,
Or will they forget you because they're ashamed?
Life in recovery may not be the same.
The rules may have changed in this brand new game.

You can pick up the pieces and make a new start,
And courage and hope keep you from falling apart.

The world all around you seems different and changed.
Things that once were now seem out of range,
But you can recapture your life and fulfill
The dreams that were lost when you took ill.

The journey to wellness takes time and is long,
And those that get well are exceptionally strong.
For depression can kill, but you have survived.
Your goal to recover has kept you alive.

Now you're recovered, what will you do?
You suffered and conquered and saw it through.
Back from the black and abyss of despair,
It is time to move on; it is time to care.





HEALTH & WELLNESS


What Kind of Mental Health Care Should I Seek?


BY GINGER MILLER


Has figuring out what kind of mental health support you need been a part of why you or someone you know has hesitated to seek help? It really can sound complicated or feel overwhelming, and confusing to figure out... Counselor, Therapist, Psychologist, Psychiatrist, Psychoanalyst, Social Worker, what's the difference? Which one fits the personal need? I only knew a few of the descriptions and recently realized I misunderstood some of them. So, I'd like to share with you what helped clear up some of my understanding and perhaps it will be helpful to you as well. I did some of my research by looking at how the American Psychological Association explains the differences.

 Clinical Social Worker – Clinical social workers are trained in community-based interventions as well as psychotherapy while other mental health professionals often receive training that more narrowly focuses on mental health diagnosis and treatment. Social workers work within communities to improve the lives of people. They provide casework, manage social services agencies and organizations, and work to improve social systems via various types of advocacies. Social workers sometimes specialize in working in specific types of institutions including hospitals and health care organizations, schools, correctional institutions, and shelters. Some social workers undergo additional training and licensing to become clinical social workers. Licensed clinical social workers can diagnose and treat mental illness and provide psychotherapy.

 Therapist – “Therapist” is an umbrella term for professionals who are educated, trained, and licensed to provide psychotherapy (also referred to as talk therapy). A therapist can be a counselor, psychologist or other professional licensed to provide mental health care. During therapy, they can assess, diagnose, and treat mental health disorders. A therapist can be a licensed counselor, social worker, psychotherapist, psychoanalyst, or psychologist. All these individuals have different education tracks, training, and licenses.

 Counselor – Counselors can diagnose and treat mental health conditions, can provide psychotherapy, and help clients improve their well-being. They may specialize in a particular area, such as working with children, adults, or couples. Counselors will often specialize in specific issues such as: mental health, marriage and family, substance use and behavioral disorders, rehabilitation, and school guidance counselors. Their main method of treatment is by addressing clients' emotional and relationship issues through talk therapy and skills development. Counselors usually have a master's degree. Counselors often work in school or career settings but are also in hospitals, government offices, mental health clinics, and private practice.

 Psychologist – Psychologists can diagnose and treat mental health conditions, can provide psychotherapy, and help clients improve their well-being. There are two types of Psychologists, Clinical and Counseling: they may specialize in a particular area, such as working with children, adults, or couples. They primarily treat clients with serious mental health conditions, as well as pursue research and teaching. Psychologists have a doctorate degree and often work in medical and mental health clinics settings, but you might also see them in hospitals, government offices, academic settings, and private practice.

 Psychiatrist – A psychiatrist has a medical degree that allows them to not only diagnose medical conditions, but also prescribe medication. A psychiatrist focuses on diagnosing, treating, and preventing mental health disorders by using several treatment methods, including psychotherapy and medications such as antidepressants, sedatives, anxiolytics, antipsychotic medications, hypnotics, mood stabilizers, and stimulants. Most psychiatrists only manage patients' prescriptions and other medical treatments and do not offer talk therapy. Patients often work with both a therapist and a psychiatrist to best treat their mental health disorders.



What Kind of Mental Health Care Should I Seek? (Con't)

There are many different types of therapy that might be right for you. (Most therapists blend therapeutic approaches and customize an integrated counseling approach for each client.) To make the choice manageable, [talkspace.com](https://www.talkspace.com) broke them down into the factors that make a “type” of psychotherapy. There are more than 50 types of therapeutic approaches. I chose only a few of the more common ones to list here.

Psychodynamic Therapy explores unconscious feelings or thoughts and the impact of the past on the present. It is the oldest type of psychotherapy and closest to what Freud created.

Person-Centered Therapy (PCT) or Client-Centered Therapy (CCT) focuses as much on the client as possible. The therapist provides little authority or direction. Instead, he or she offers subtle guidance on an individual’s life or mental health illness and encourages the client to take control of their future. PCT/CCT therapists demonstrate more overt care for their client than more analytical therapists. They put more time and effort into empathizing with clients.

Cognitive Behavioral Therapy (CBT) treats dysfunctional thinking that leads to maladaptive behaviors, mental illness, and negative emotion. It focuses on thoughts and behaviors. This type of therapy is often used to treat individuals with Bipolar Disorder, Borderline Personality Disorder, Anxiety Disorder, and much more.

Dialectical Behavior Therapy (DBT) uses a problem solving and acceptance-based framework — among other strategies — usually to treat severe and chronic mental health conditions, including borderline personality disorder, suicidal ideation, self-harming, eating disorders and PTSD.

If you are still unsure which type of mental health care professional to talk to, you may want to consult with your primary care doctor. It is important to keep in mind that although our local resources may be limited in terms of what kinds of mental health care is available, tele-health is another option that many insurances are covering now.

THE MARCH CHALLENGE

The March challenge. Write to us about how a color, or colors in general, affect you. (An example for me would be that I used to dress in all black when I was depressed as a teenager. Today I like to wear happy colors, it helps me to be happy. Or, yellow makes me smile because yellow roses make me think of my mom, she always smiles when I bring them to her.)

Everyone who chooses to participate in March's challenge and writes to us before April 25th will win a *mystery gift!* You will also see your response next month in our "Your Voice" section! If you want it to be printed anonymously, just let us know when you send it in that you don't want your name on it. Email us at: gmler@wwamh.org to participate.



Happy
St. Patrick's
Day



TRICKY GRAMMAR ANSWER KEY

1. If you're tired you should go to bed.
2. It's a complicated situation.
3. The golden retriever is known for its gentle personality.
4. The medicine may affect your eyesight.
5. The effect of the tornado was devastating.
6. Hank and I went to the zoo.
7. Mary gave Sarah and me tickets for the movies.
8. She gave me two pieces of gum, then she gave one to Jack too.
9. Melanie went to class for two hours, Vicki did too.
10. The iced tea was too sweet.
11. I will be no later than 7 pm.
12. I answered two questions then I got stuck.
13. I assure there are no mistakes on this page.
14. The tickets will ensure that you have seats at the event.
15. The homeowner's policy will insure damages to your home.
16. There is a time to speak and a time to be silent.
17. It is their turn to roll the dice.
18. When they're finished you may go in.
19. Will you come here after work?
20. I want to hear the TV better please turn up the volume.

RECOVERY

Resources

WEBSITES

Al-Anon and Ala-teen Groups – Hope and help for families and friends of alcoholics: al-anon.org
Alcoholics Anonymous (AA) - Local group schedule and information: district13.aahmbny.org
Celebrate Recovery (CR) – Celebrate Recovery is a Christ-centered, 12-Step recovery program for anyone struggling with hurt, pain or addiction of any kind: celebraterecovery.com
Debtors Anonymous - Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others: debtorsanonymous.org
Digital Recovery Support -Online recovery support groups are available daily. They are open to anyone who is dealing with substance use, mental health conditions, and any other quality of life concerns. Meetings are led by peer recovery support specialists who have firsthand experience and understand what you're going through: www.recoveryanswers.org
Gamblers Anonymous (GA) – Online services for anyone struggling with a gambling addiction: gasteps.org
Grief Recovery After a Substance Passing (GRASP) – For those who have lost someone to substance use or addiction: grasp-help.org
In the rooms - A global online recovery community who share their strength and experience with one another daily through live meetings, discussion groups, and other tools in the rooms: intherooms.com
My Recovery – Online 12-step meetings: myrecovery.com
Narcotics Anonymous (NA) - local group schedule and information: narcotics.com
Overeaters Anonymous (OA) – Online support groups for anyone who wants to stop eating compulsively: oarecovery.com
The Phoenix – Recovery community organization offering daily live stream cross-fit, yoga and meditation every two hours through the COVID Crisis: thephoenix.org

PHONE NUMBERS

The Trevor Project - Support for youth in crisis: thetrevorproject.org/hotline: 866-488-7386
International Bipolar Association Crisis Line: 1-800-273-TALK (8255)
National Association of Anorexia Nervosa and Associated Disorders Helpline: 630-577-1330
National Center for PTSD Helpline: 1-800-273-8255
National Alliance on Mental Illness (NAMI): Hotline staff are prepared to answer any mental health questions you may have. You can also text NAMI to 741741 for free support. (800) 950-NAMI (6264)
Substance Abuse and Mental Health Services Administration (SAMHSA): Available 24/7, 365 days a year: (800) 662-HELP (4357). The professionals on the phone can provide treatment information and referrals in English and Spanish.
MentalHealth.gov: Available 8am to 8pm EST to provide mental health information and treatment referrals: (877) 726-4727
National Institute of Mental Health (NIMH): Available 8:30am to 5pm EST: (866) 615-6464 or (866) 415-8051 (TTY). Professionals can answer any mental health related questions in English or Spanish.
Boys Town: Specially trained counselors are available 24/7, 365 days a year to provide crisis support specifically for children and their families: (800) 448-3000

PODCASTS

This Naked Mind - Some of the episodes discuss alcohol withdrawals, the link between drinking and binge eating, how to deal with loneliness, and more.
Recovery Rocks - Our varied paths show listeners that there are a myriad paths to recovery and countless songs to rock out to along the way.
Mental Health - Hope and Recovery - They share inspirational true stories and a host of recovery skills. You'll learn about treatment options, coping skills, goal setting, relationships, and mindfulness.
Mental Illness Happy Hour - Weekly interviews with comedians, artists, friends, and the occasional doctor.; exploring mental illness, trauma, addiction and negative thinking.

APPS

Addiction Apps: Twenty-Four Hours A Day (Free), Quit That! Habit Tracker (Free), NoMo (Free)
Counseling Apps: TalkSpace (\$\$) BetterHelp (\$\$) Larkr (\$\$) ReGain (\$\$) TeenCounseling (\$\$)
Suicide Prevention Apps: MY3 (Free) notOK (Free)
General Mental Health Apps: What's Up (CBT; Free) Mood Kit (CBT; \$)
Anxiety Apps: MindShift (Free), Self-Help Anxiety Management – SAM (Free), CBT Thought Record Diary (Free)
Bipolar Disorder Apps: IMoodJournal (\$), EMoods (Free)
Depression Apps: Talk Space Online Therapy (\$\$), Happify (Free), MoodTools (CBT; Free)
Eating Disorder Apps: Recovery Record (Free), Rise Up & Recovery (Free), LifeSum (Free)
Obsessive Compulsive Disorder Apps: nOCD (Free), Worry Watch (\$), GG OCD (Free)
PTSD Apps: PTSD Coach (Free), Breathe2Relax (Free)
Schizophrenia Apps: UCSF Prime (Free), Schizophrenia Health Story Lines (Free)
Mindfulness & Meditation Apps: Headspace (\$), Calm (\$), Ten Percent Happier (\$)

THANKS FOR READING! :)

IF YOU WOULD LIKE TO SUBSCRIBE TO
OUR NEWSLETTERS, PLEASE EMAIL US
AT GMILLER@WWAMH.ORG



WWAMH DUAL RECOVERY SUPPORT GROUPS

EVERY TUESDAY FROM
4:00-5:00 PM AT THE
HOPE & HEALING
RECOVERY CENTER:
2 MAPLE STREET, HUDSON FALLS
ATTEND IN PERSON OR
VIRTUALLY - ZOOM MEETING ID:
844-2214-0148

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