

Early Warning Signs

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little;
- Isolating from people or pulling away from your usual activities;
- Having low or no energy;
- Feeling numb or like nothing matters;
- Having unexplained aches and pains;
- Feeling helpless or hopeless;
- Smoking, drinking, or using drugs more than usual;
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared;
- Yelling or fighting with relatives or friends;
- Experiencing severe mood swings that cause problems in relationships;
- Having persistent thoughts and memories you can't get out of your head;
- Hearing voices or believing things that are not true;
- Thinking of harming yourself or others or
- Having an inability to perform daily tasks like getting to work or school.

Learn more about [specific mental health problems](#) and [where to find help](#).

Mental Health and Wellness

Positive mental health allows people to:

- Realize your full potential;
- Cope with the stresses of your life;
- Work productively and
- Make meaningful contributions to your communities.

Ways to maintain positive mental health include:

- Getting professional help if you need it;
- Connecting with others—like your peers;
- Staying positive;
- Getting physically active;
- Helping others;

- Getting enough sleep and
- Developing coping skills.

Learn more about the [importance of prevention and wellness](#).

Infinity Peer Support is here to help you manage your mental health and make strides to achieve the life you want.

We care about your wellness and recovery.

Sharon Reynolds, Interim Executive Director (While Melissa Silvey is on Leave) and Peer Facilitator



▲ May is Mental Health Awareness Month, so we want to make sure we recognize a difficult truth: Nearly one in five Americans lives with a mental health condition, according to the [National Institute of Mental Health](#).

That includes any mental, behavioral, or emotional disorder such as:

- Depression
- Anxiety
- Mood disorders, including bipolar disorder
- Personality disorders
- Psychotic disorders, including schizophrenia
- Trauma
- Eating disorders
- Substance -use disorders

Signs and symptoms

Q: What are the common stress issues you see when a crisis arises, and are those the same for what we are experiencing now with a pandemic?

A: Signs and symptoms associated with stress include:

- Difficulties with sleep
- Low energy and motivation
- Sadness
- Nervousness
- Difficulties with concentration
- Questioning one's abilities
- Feeling easily annoyed or irritable

Remember, too, that adults and children handle stress differently.

A: Depending on the age and personality of your child, stress can be handled differently. Children may show:

- Defiance
- Disrespect
- Complaining
- Fighting
- Not wanting to leave your side
- Ignoring

Q: What are the best ways to stay mentally healthy during times of crisis?

A: One of the best things you can do is to practice self-compassion. Be nice to yourself. Ideas for this include:

- Remain hopeful. Find things to be grateful about. You could start a gratitude journal, or keep notes in a gratitude jar.
- Use your phone or computer to stay connected with a balance on when to disconnect.
- Get the facts but monitor the time you spend watching the news,
- Eat healthy and exercise, maybe not the time to go on a strict diet or exercise regime, find a way to make small changes such as eating less of the "bad food" or going on walks.
- Focus on what you can do to stay prepared.
- Be fun and creative while at home (e.g., dance, listen to music, small house projects, journaling).
- Setting a routine/structure to the day can combat boredom.
- Do not smoke, drink alcohol or use drugs to deal with your feelings.

Q: How does mental stress affect our physical health?

A: Our emotional health paired with our physical health make us “healthy.” Stress is normal for our bodies; however, we are generally able to recover from short periods of stress. But stress that continues over a long period of time places more strain to our health.

Mental stress can impact the immune system in many different ways and increase physical illness.

Reach Out and Come Together

Are you or a family member struggling is a perfect place to start the conversation about stress levels and possible mental health issues. A medical expert can advise your next steps. Remember, too, that your primary care physician or your child’s pediatrician including a conversation with a behavioral health expert.

The fact that everyone is experiencing the exact same problem can offer positive benefits.

Yours in Wellness, Carole Otash, Director of Operations



May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Question of the day 10:15 Yoga 11:00 Coloring Contest Starts 11:15 Atlas of the Heart 1:00 The Body Keeps the Score</p>	<p>2</p> <p>Question of the day 10:00 Walking Group 10:30 Stop Believing the Lies About Who You Are 11:30 Digital/Book Coloring 12:30 Trivia 7:00 NA Meeting</p>	<p>3</p> <p>Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 1:00 Winning Against Relapse by Mary Ellen Copeland, PhD</p>	<p>4</p> <p>Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Contributions to Member Newsletter 6:30 NA Meeting</p>	<p>5</p> <p>Question of the day 9:45 Meditation 10:15 Artist Recovery 11:30 Clean Team 1:00 Singing and Dancing</p>
<p>8</p> <p>Question of the day 10:15 Yoga 11:30 Atlas of the Heart 1:00 The Body Keeps the Score</p>	<p>9</p> <p>Question of the day 10:00 Walking Group 10:30 Stop Believing the Lies About Who You Are 11:30 Digital/Book Coloring 12:30 Reiki with Renee 7:00 NA Meeting</p>	<p>10</p> <p>Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 1:00 Winning Against Relapse by Mary Ellen Copeland, PhD</p>	<p>11</p> <p>Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Crocheting and Knitting Lessons 1:00 Self Advocacy/Advocacy</p>	<p>12</p> <p>Question of the day 9:45 Meditation 10:15 Artist Recovery 11:30 Clean Team 1:00 Fun and Games 1:00 Pre-Thrift Shop Group</p>
<p>15</p> <p>Question of the day 10:15 Yoga 11:30 Atlas of the Heart 1:00 The Body Keeps the Score</p>	<p>16</p> <p>Question of the day 10:00 NH Mental Health Peer Alliance 10:00 Walking Group 10:30 Stop Believing the Lies About Who You Are 11:00 Digital/Book Coloring 12:30 Reiki with Renee 7:00 NA Meeting</p>	<p>17</p> <p>Question of the day 8:30 Staff Meeting 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 12:30 Community Meeting/BBQ/Monthly Education</p>	<p>18</p> <p>Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Finding Your Roots/Ancestral Stories 6:30 NA Meeting</p>	<p>19</p> <p>Question of the day 9:45 Meditation 10:00 Field Trip: York Short Sands Beach 10:15 Artist Recovery 11:30 Clean Team 1:00 Singing and Dancing 7:00 Recoveries Anonymous</p>
<p>22</p> <p>Question of the day 10:15 Yoga 11:30 Atlas of the Heart 1:00 The Body Keeps the Score</p>	<p>23</p> <p>Question of the day 10:00 Walking Group 10:30 Stop Believing the Lies About Who You Are 11:00 Digital/Book Coloring 12:30 Reiki with Renee 7:00 NA Meeting</p>	<p>24</p> <p>Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 1:00 Winning Against Relapse by Mary Ellen Copeland, PhD</p>	<p>25</p> <p>Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Cooking 6:30 NA Meeting</p>	<p>26</p> <p>Question of the day 9:45 Meditation 10:15 Artist Recovery 11:30 Clean Team 12:00 Coloring Contest Winners Announced 1:00 Fun and Games 7:00 Recoveries Anonymous</p>
<p>29</p> <p>CLOSED</p> 	<p>30</p> <p>Question of the day 10:00 NH Mental Health Peer Alliance 10:00 Walking Group 10:30 Stop Believing the Lies About Who You Are 11:00 Digital/Book Coloring 12:30 Reiki with Renee 7:00 NA Meeting</p>	<p>31</p> <p>Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 1:00 Winning Against Relapse by Mary Ellen Copeland, PhD 5:00 Board Meeting</p>		

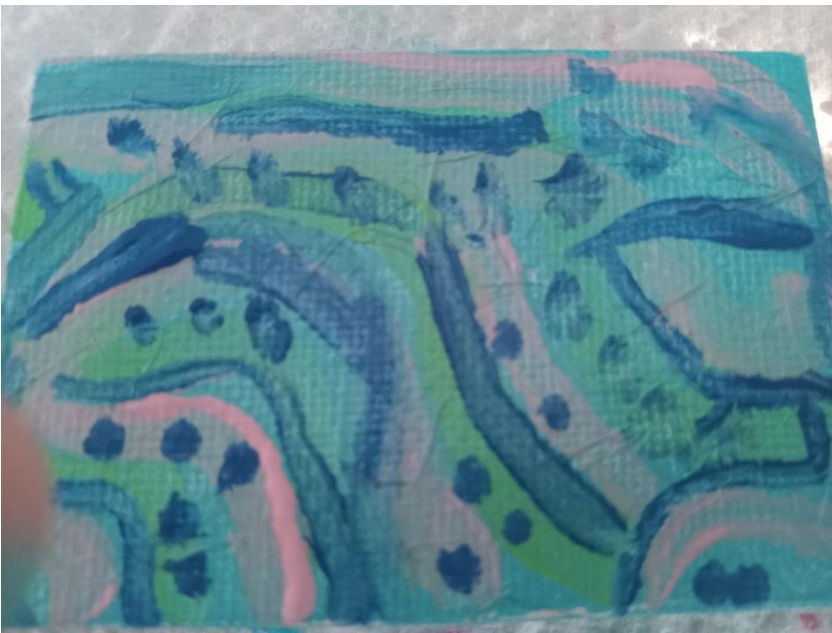
Artists Corner from our Members and Staff



Crochet Afghan: Made by Diana Bastian/Member



Drawing: Done by Erica Byrne/Staff Member/ Member



Painting: Done by Heather Bushby/Staff Member/Member

Infinity Peer Support: Location and Contact

55 Summer Street, Rochester, NH 03867
info@infinitypeersupport.org

603-948-1036/603-948-1048
www.infinitypeersupport.org

Transportation in May: Monday- Wednesday and Fridays Call 603-948-1036

Business Hours: Monday—Friday (In-Person) 8 AM—5 PM, Tuesday, 8-4

Providing a non-medical approach to mental health wellness and recovery for adults 18 years of age and older who reside in Strafford County.

All services are free-of-charge.

To receive our calendar and newsletter, call (603) 948-1036 or email us at info@infinitypeersupport.org Visit our website at www.infinitypeersupport.org for more information.

Mission Statement

Our members are dedicated to building a community with an alternative, peer-oriented approach to mental health wellness and recovery.

Warmlines

Warmlines are located all over the State of NH. These telephone lines are staffed by peers and provide support to people who are struggling to cope. **You do not have to be in a crisis to contact warmlines.**

To be on a Warmlines Outreach Call List, call Infinity Peer Support at 603-948-1036.

Alternative Life Center, Conway, NH: 1-866-447-1765, Every Day: 5 PM—9 PM

Connections Peer Support Center, Portsmouth, NH: 603-427-6966, 1-800-809-6262, Every Day: 5 PM—10 PM

CornerBridge, Laconia, NH: 1-800-306-4334, Every Day: 5 PM—10 PM

Monadnock Peer Support, Keene, NH: 1-866-352-5093, Every Day: 5 PM—10 PM

Stepping Stone, Claremont, NH: 1-888-582-0920, Sun., Mon., Wed: 4 PM—9 PM, Tues., Thurs., Fri., Sat.: 4 PM—8 PM

Helpful Phone Numbers

Suicide Prevention Lifeline: 1-800-273-TALK

Bipolar Support Group: (603) 431-6703 x 3167 (Diane Cyr)

Sexual Assault Hotline: 1-800-277-5570

Domestic Violence Hotline: 1-866-644-3574

Peer Respite

Due to COVID-19, some peer respites are operating at reduced capacity or are shut down.

H.E.A.R.T.S. Peer Support Center, Nashua, NH: (603) 864-8769 or (603) 882-8400

Monadnock Peer Support, Keene, NH: (603) 352-5093 or (866) 352-5093

Stepping Stone, Claremont, NH: (603) 543-1388 or (888) 582-0920

Vaccine Update

Visit vaccines.nh.gov for more information about vaccines: qualification and registration. You have to register before you can be scheduled for a vaccination date and time. If you do not have a medical provider, call 2-1-1 for more information.

Rochester Fixed Vaccination Site: No Appointment Needed. Walk-Ins Welcome.

Spaulding Commons, 306 North Main Street, Rochester, NH 03867. Open Monday through Friday 10 am to 7 pm and Saturdays 9 am to 2 pm.

COVID-19 Testing

If you would like to be tested for COVID-19, call your medical provider, call Convenient MD at 1-822-263-0131, register at <https://prd.blogs.nh.gov/dos/hsem/?/page id=8479> or call 603-271-5980.

Community Action Partnership of Strafford County – 603-435-2500 – Help with food, shelter, jobs, healthcare, fuel & electrical assistance.

Information Referral – **Call 2-1-1** or 866-444-4211 – 24 hours per day.

NH Legal Aid – The Centers for Disease Control extended the eviction ban until January 31, 2021. Visit nhlegallaid.org or call 800-639-5290 for more information.

Seacoast Street Outreach (ages 12 to 22) – 603-851-1320 or 603-716-6083

Shelter Referral via Coordinated Access – 603-435-2448

Call first and they will attempt to locate shelter in the area. May need to leave number and wait for call back.

Additional Services

Bureau of Elderly & Adult Services: If you suspect an elder or adult needs help, call 1-800-949-0470 or 603-271-7014.

Peer Substance Use Disorder Support: SOS Recovery Community, located at 4 Broadway in Dover, 603-841-2350, ext. 2 and are located at 14 Signal Street in Rochester, 603-841-2350, ext. 1.

Hand Up Syringe Exchange Service

- Mondays, 6 to 7:30 pm, Olde Farm Lane, Rochester, NH.
- Tuesdays, 5 to 6 pm, St. Thomas Church, Dover, NH.

- Wednesdays, 6 to 7 pm, Elm Street, Somersworth, NH.
- Fridays, 6 to 7:30 pm, Olde Farm Lane, Rochester, NH.

Transportation

COAST Bus (New Schedule): (603) 743-5777. If you need bus tickets for wellness appointments or court obligations, visit Infinity Peer Support.