



### MHA News

MHA program activities for the month of October.

Join us for some fun activities and zoom groups.

MHA Drop-in will be having a pizza party on 10/13 3-5pm at the First Baptist Church in Brewster. RSVP to Angela if you can make it 845-803-9041.

We have a new zoom Group "Safe Space" chat with Tim Meeting ID: 856 8367 4268 passcode: 463125

Come chat with us!!

Also, we have our weekly Tuesday womans Group from 1-2pm Meeting ID: 120-683-661

Remember to check out our website for all the updated information.

Our Recovery Coaches are available Monday - Thursday 10-3pm and Friday 10-1pm.

Call them, there are there to assist you.

October 10, 2022 is World Mental Health Day. The theme this year is "Make mental health for all a global priority." On this day, we are encouraged to check in on our family and friends, but not everyone who suffers from depression displays symptoms similarly. Some people conceal their struggles, making it difficult for their friends and family to help.

Hidden depression, also known as smiling depression or high functioning depression, is when a person hides the signs of depression to seem healthy or may not realize they are depressed. Someone with hidden depression may seem content, happy and productive, and their work life and relationships appear to be functioning well. But silently, depression symptoms are affecting their thoughts, feelings, and physical health.



**While anyone with depression is at risk of suicide, people with high-functioning depression are more likely to follow through.**

I hid my depression because I didn't want to appear as being weak. I had worked so hard to create a life I could be proud of, but I always felt sad, and my accomplishments were no longer satisfying. I felt like I had no one to confide in. How would I explain my depression when I seemed so blessed. Having hidden depression made my struggles last longer. It was a never-ending task to conceal symptoms, but once I received help, I became authentically happy with myself and the life I've built

**Jessica R MHA Peer Bridger**

Putnam County out of the Darkness  
Community Walk  
Sponsored by AFSP  
October 16th - Registration at 9am, walk  
starts at 10:15am.

At the Putnam County Social Services  
Building - Old Route Six in Carmel.

This walk is a journey of remembrance, hope and support. It unites our community and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about.

[www.afsp.org](http://www.afsp.org)

There are many reasons why people hide their symptoms of depression. Some people worry about how it will affect them professionally, and they fear that their employer will question their ability to do their job. Others may come from a culture or community where individual emotions and mental health are less of a priority. Social media can play a role in people with hidden depression; scrolling through unrealistic images of happiness can cause them to feel isolated. With hidden depression, the secret is so much that even close family and friends may not see the signs.

**Here are some ways to help you or someone in your life experiencing hidden depression:**

**Educate yourself** - Keep current with the factors that affect Mental Health.

**Be an ally** - Speak up when you hear people making light of mental health struggles. Your words will create a safe space for your friend or loved one and others.

**Offer emotional and practical support-** Direct the person suffering to community resources and mental health services.

**If you would like more information on Depression visit:**

[nami.org](http://nami.org)