



NAMI

Ray of Hope

NAMI Seneca, Sandusky & Wyandot Counties
Phone - (419) 334-8021
Toll Free - (888) 582-8889
www.namissw.org

Upcoming Events

Wyandot County Candlelight Vigil - Thursday, October 6th, 7PM at Angeline School in Upper Sandusky.

National Teleconference on "Juvenile Diversion Programs and Mental Health Courts" - October 11, 2005, 2:00-3:30 PM. To listen to the conference call dial 888-262-0101 at the start of the conference.

Seneca County Candlelight Vigil - Wednesday, October 12th, 8PM at Community Hospice in Tiffin

Sandusky County Candlelight Vigil - Sunday, October 16th, 6PM at Sacred Heart Catholic Church in Fremont.

Family to Family and Hand to Hand Instructor Training - October 21-23, 2005.

For more information please contact Dennis Wolf at 419-334-8021, or toll free at 888-582-8889.

September 30, 2005



Bipolar Disorder

Bipolar disorder, or manic depression, is a serious brain disorder that causes extreme shifts in mood, energy, and functioning. It affects 2.3 million adult Americans, which is about 1.2 percent of the population, and can run in families. The disorder affects men and women equally. Bipolar disorder is characterized by episodes.....[More Details](#)

Lincoln's Melancholy: How Depression Challenged a President and Fueled His Greatness

Abraham Lincoln lived with mental illness.

It ran in his family. He experienced two major depressive episodes. His friends put him on suicide watches. He also liked popcorn, oysters, and a strong cup of coffee.

Just in time for Mental Illness Awareness Week (October 2-8), [Lincoln's Melancholy: How Depression Challenged a President and Fueled His Greatness](#) by Joshua Wolf Shenk is appearing in bookstores. It is more than a "stigmabusting" profile from which to draw inspiration. It is also a gripping, carefully documented narrative and scholarly social history that will alter how Americans view the formative years of our 16th president -- going well beyond tales of log cabins and splitting rails that children learn about in elementary school.

It reveals how Lincoln developed coping strategies, perspective, and a personal sense of mission in response to chronic depression, which would help him lead the Union through the Civil War.

Author Josh Shenk was a contributor to the best-selling [Unholy Ghost: Writers on Depression](#) and has written for *The New Yorker* and other publications. Part of his work on the book was supported by a Mental Health Journalism Fellowship from the Carter Center in Atlanta.

Shenk's own history of depression enriches his insights and interpretations of Lincoln's chronic illness. *The Atlantic Monthly* magazine features the book in its October issue. In the months ahead, he is interested in speaking to NAMI conferences and other mental health audiences. For information, contact jw@shenk.net.

For Lincoln, learning to live with depression was a process that involved not so much transformation as integration -- a distinction still relevant in how we think about recovery today.

"Hope and despondency, pleasure and pain," Lincoln wrote in a poem in the 1850s, "are mingled together in sunshine and rain."

Lincoln considered "nervous temperament" as the general cause of melancholy, serving as a "key and conductor" for specific, triggering causes -- an assessment not unlike the concept of genetic predisposition. In a letter to a friend, he identified three kinds of specific causes: exposure to bad weather, thinking too much -- as the result of disengagement from business or friends -- or a moment of great crisis and converging conflicts requiring exhaustive focus.....[More Details](#)

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Questions or comments? e-mail us at dewolf@namissw.org or call us at 888-582-8889

NAMI SSW is a member of the United Way of Sandusky County and an Associate Member of Tiffin-Seneca United Way.