



NEWSLETTER

Mental Health is Tricky!

Depression is not a treat and can be rather tricky to navigate if you do not have the right tools. Here at Twin Rivers Pathways you will learn effective coping skills to alleviate symptoms of depression and increase quality of life.



Meet Our Director



Jessica Nickola
LCSW, State Qualified
Supervisor

Jessica is the Director of Behavioral Health Services for DeSoto Memorial Hospital. She lives in Punta Gorda and practices social work in Charlotte and DeSoto Counties. Jessica is originally from Flint, Michigan. She attended the University of Michigan, obtaining Bachelor of Art in 2001 and Master of Social Work in 2007. Jessica has experience directing a wide range of social services. She is an experienced interventionist and team leader with a passion for helping families in conflict. Intake/diagnostic assessment, crisis intervention, and ongoing individual/group therapy are the foundation of her clinical skillset. Jessica became a fully licensed social worker in the State of Florida in 2016. She has been a state qualified supervisor since 2019. Motivational interviewing and trauma informed care are her core values in recovery. She loves participating in continuing education and being a field supervisor for intern students. Jessica very much enjoys spending time with her family. She is a very proud mom, wife, daughter, sister, niece, and aunt.



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Am I Depressed?

We get asked this question a lot and the answer is... it depends. One sad day does not mean you are necessarily depressed. It is ok to feel sadness if you didn't get your dream job or perhaps you and your partner aren't getting along. Depression is a mood disorder that causes a **persistent** feeling of sadness and loss of interest. If these feelings persist longer than two weeks, there may be a chance you are depressed.

Symptoms of Depression...

- Feelings of sadness, tearfulness, emptiness or hopelessness
 - Angry outbursts, irritability or frustration, even over small matters
 - Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports
 - Sleep disturbances, including insomnia or sleeping too much.
 - Tiredness and lack of energy, so even small tasks take extra effort.
 - ♦ Reduced appetite and weight loss or increased cravings for food and weight gain
 - Anxiety, agitation or restlessness
 - Feelings of worthlessness or guilt, fixating on past failures or self-blame
 - Trouble thinking, concentrating, making decisions and remembering things
 - Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide
 - Unexplained physical problems, such as back pain or headaches
- *Mayo Clinic**

If you are experiencing any of these symptoms for what feels like a long time, we can help!!

DID YOU KNOW....

- **October is Depression Awareness Month**
 - Major depression is one of the most common mental illnesses
- **October 1-7, 2023, is Mental Illness Awareness Week**
 - Nearly 50 million American adults live with a mental health condition, and more than half do not receive treatment.
- **October 10, 2023, is World Mental Health Day**
 - The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.



941-766-0171

jnickola@dmh.org

4161 Tamiami Trail Port Charlotte, FL 33952

@TwinRiversPathways

@TwinRiversPathways

