



Welcome to March 2026

Be Aware of your Mental Health

Relax | Reduce | Recover

THE DEPRESSION PROJECT

Depression

WHAT YOU SEE

- Low mood
- Eating a lot / not eating at all
- Sadness
- Struggling to get out of bed
- Social withdrawal
- Changes in weight

WHAT YOU DON'T SEE

- Concentration difficulties
- Memory difficulties
- Loneliness
- Feel dissociated from "who you were" before depression
- Self-hatred
- Feeling misunderstood
- Not getting joy out of anything
- Extreme lethargy
- Guilt
- Believing things will never get better
- Grief
- Fighting intrusive thoughts
- Feeling disconnected from the world
- Shame
- Suicidal thoughts
- Worthlessness
- Body image issues
- Numbness

thedepressionproject.com
@RealDepressionProject

March Depression Screening Month

Screening for depression typically begins with a validated self-assessment tool, the most common being the **Patient Health Questionnaire-9 (PHQ-9)**. This simple, nine-question survey asks you to rate how often you've experienced symptoms over the past two weeks such as a lack of interest in activities, changes in sleep or



Recognition on Fox 2 Detroit

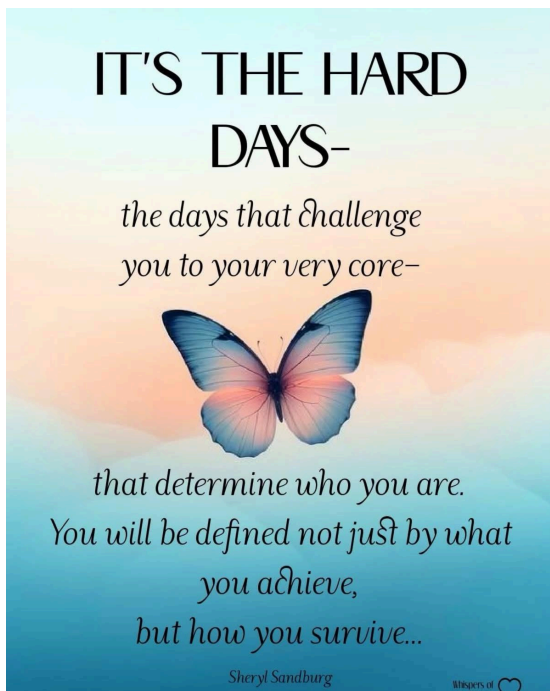
Thaar Care Foundation was honored to be featured on Fox 2 Detroit to share our new partnership with JoJo Dries, the Founder and Director of On the Wings of Angels.

We discussed why mental health care is vital for domestic violence survivors. After abuse and trauma, therapy can be

appetite, and feelings of hopelessness on a scale from "not at all" to "nearly every day."

These tools are available during your intake process at your first therapy session. They are not a formal diagnosis; rather, they serve as a "thermal camera" to detect potential issues.

To complete the screening process, you should take your results to a primary care physician or a mental health professional, who will then conduct a clinical interview to rule out physical causes and determine if your symptoms meet the criteria for depression disorder.



March 30th National Bi Polar Awareness Day

World Bipolar Day is celebrated annually on March 30th to raise awareness and eliminate social stigma surrounding bipolar disorder, a mental health condition characterized by significant fluctuations in mood, energy, and activity levels. These shifts range from **manic episode** periods of intense energy, euphoria, or irritability to **depressive episodes**, which involve overwhelming sadness, low energy, and hopelessness.

Getting help begins with a professional evaluation by a psychiatrist or a licensed therapist, as bipolar disorder requires a clinical diagnosis to distinguish it from other conditions.

the bridge between surviving and truly living—where shame turns to understanding, fear to strength, and survivors begin to see themselves as whole, worthy, and powerful again.

We're deeply grateful to JoJo and On the Wings of Angels for the opportunity to assist them in reclaiming domestic violence survivors' lives by removing barriers, easing financial strain, and providing lasting healing through our counseling programs.

Thank you to Fox 2 Detroit and their production team for sharing this story with our community. When media, nonprofits, and mental health leaders unite, lives can change.

Watch the clip below:

<https://www.fox2detroit.com/video/mc-o7v2f0n8r30scx2k>

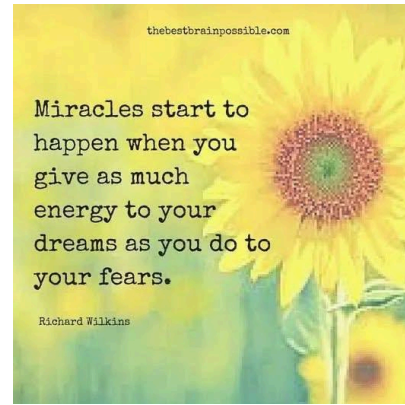
Key March Mental Health Observances (2026):

- **Self-Injury Awareness Month (March)**: Dedicated to raising awareness about self-harm and promoting resources for recovery.
- **National Depression and Mental Health Screening Month (March)**: Encourages taking screenings to detect signs of depression.
- **Self-injury Awareness Day (March 1)**: A global awareness day.
- **National Sleep Awareness Week (March 8-14, 2026)**: Highlights the connection between sleep and mental health.
- **World Sleep Day (March 13, 2026)**: Focused on sleep health.
- **Brain Awareness Week (March 16-22, 2026)**: Focuses on brain health and research.
- **World Bipolar Day (March 30)**: Raises awareness for bipolar disorders.

Treatment typically involves a combination of **mood-stabilizing medications**, psychotherapy (such as Cognitive Behavioral Therapy), and lifestyle management.

If you or someone you know is in crisis, you can reach out to the **988 Suicide & Crisis Lifeline** (in the US and Canada) or visit an emergency room for immediate support.

Consistent care is key, as most individuals with bipolar disorder live full, productive lives when they have the right management plan in place.



**Make a donation
to our Wish List**

*REMINDER:
You matter.
I'm glad you
are here.*

If you'd like to support our mission in a more hands-on way, please consider browsing our **Amazon Wish List**, which features the specific items we need most to keep our operations running smoothly. We understand that a direct financial contribution isn't always feasible, and we truly value every form of generosity; to that end, we also gratefully accept gift cards for Amazon, local grocery stores, Uber, and other essential services. These contributions provide us with the flexibility to meet urgent needs as they arise, ensuring that every bit of your support goes exactly where it's needed most. Contact our office see how you can help.

Stay Warm & Community Focused

Let's Connect! Throughout the year, we love hitting the road to visit local events and meet our neighbors face-to-face. Our goal is to spread the word about building healthy boundaries and fostering the meaningful connections that support mental health for all ages. If you see us out in the community, please stop by and say hi—we'd love to meet you and hear your story!

Ready to take the next step in your career? **Join us at Oakland University for the OCHN Behavioral Health Job Fair & Resource Expo!** We will be hosted in the **OC Ballrooms from 2:00 PM to 6:00 PM**, where our team will be actively interviewing and hiring for both **Intern and Therapist** positions. Whether you are a student looking for clinical experience or a seasoned professional seeking a meaningful new role, this is the perfect

opportunity to connect with our recruiters and learn how you can make a difference in our community

Reduce Stigma by normalizing the conversation and equating mental care with physical care.

You can be the difference. If a friend or family member is having a hard time, help them connect with the **988 Lifeline**. Supporting someone can be hard on you, too. **Take care of your mental health** and reach out for support if you need it.

Connect with us!



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