

# Joseph Reid



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*Who are you?*





# Antidepressant or Tolkien

Can you guess if the word is an antidepressant drug or a Tolkien character?

*Luvox*

*Luvox*

**Antidepressant**  
SSRI for OCD

*Minalcar*

*Minalcar*

**Tolkien Character**

19th King of Gondor



Narvi

*Narvi*

**Tolkien Character**

**Dwarf that built the gates for The Dwarven City**

*Sildenafil*

*Sildenafil*

**Antidepressant**

Used to treat E.D.

*Sintamil*

*Sintamil*

**Antidepressant**

**Tricyclic Antidepressant used in India**

*Celebrian*

*Celebrian*

**Tolkien Character**

Wife of Elrond, also known as Lady of Rivendell



*Narmacil*

*Narmacil*

**Tolkien Character**

17th King of Gondor

*Cymbalta*

*Cymbalta*

**Antidepressant**

**Treats MDD**

*Cirdan*

*Cirdan*

**Tolkien Character**

**Bearer of the Great Ring Narya**

Elronon

*Elronon*

**Antidepressant**

Introduced in Europe in 1970s  
for treatment of depression







# What does mental illness look like?



Giuseppe Lupis

**FORWARD IS FORWARD**



# Four Words to Move Forward



# Four Words to Move Forward

1. Find where you are



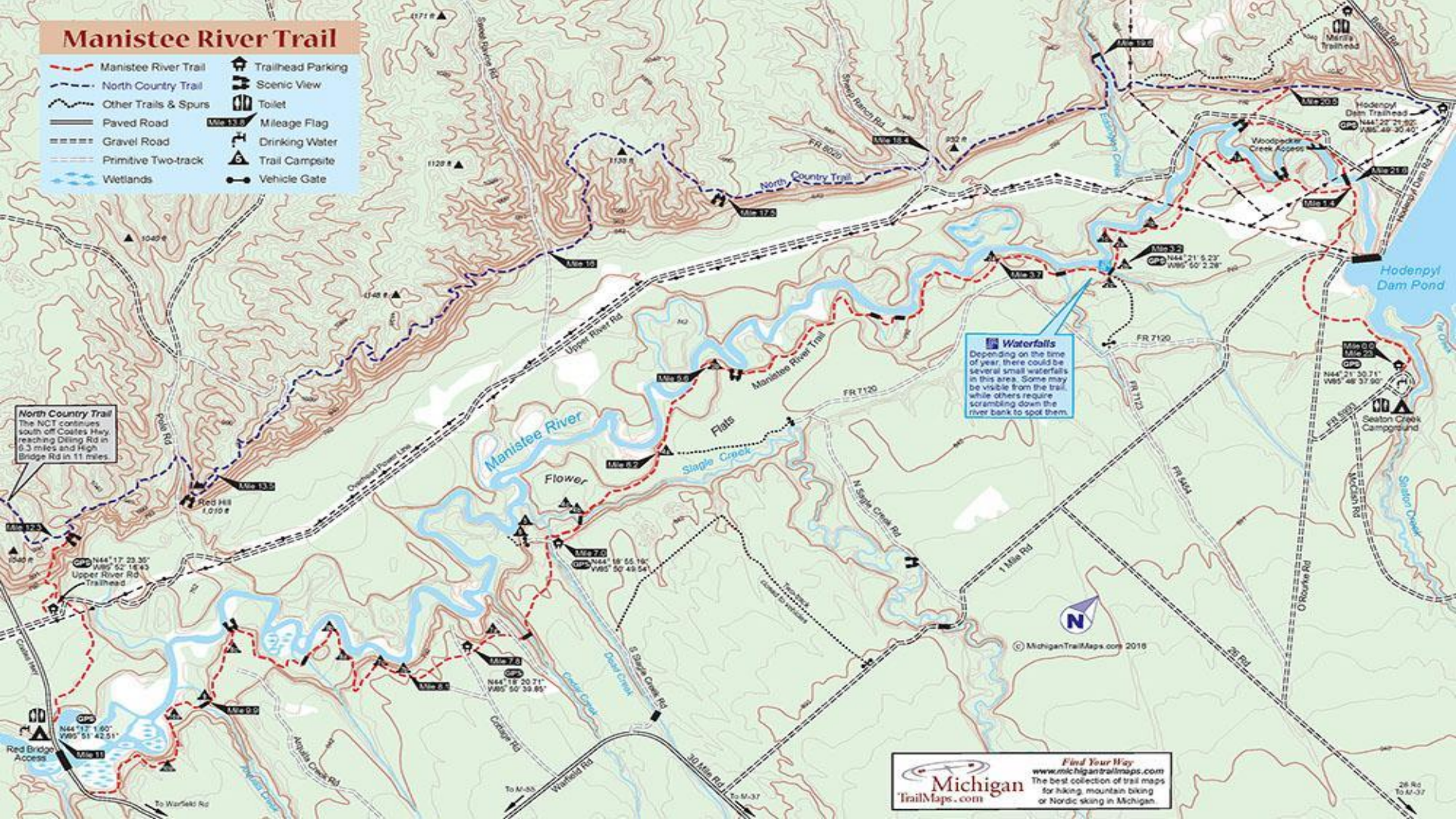


Find where you are.



# Manistee River Trail

- Manistee River Trail
- North Country Trail
- Other Trails & Spurs
- Paved Road
- Gravel Road
- Primitive Two-track
- Wetlands
- Trailhead Parking
- Scenic View
- Toilet
- Mileage Flag
- Drinking Water
- Trail Campsite
- Vehicle Gate



**North Country Trail**  
The NCT continues south off Coates Hwy reaching Dilling Rd in 6.3 miles and High Bridge Rd in 11 miles.

**Waterfalls**  
Depending on the time of year, there could be several small waterfalls in this area. Some may be visible from the trail, while others require scrambling down the river bank to spot them.

Find Your Way  
www.michigantrailmaps.com  
The best collection of trail maps for hiking, mountain biking or Nordic skiing in Michigan.

**Michigan TrailMaps.com**





Find where you are.





Find where you are.



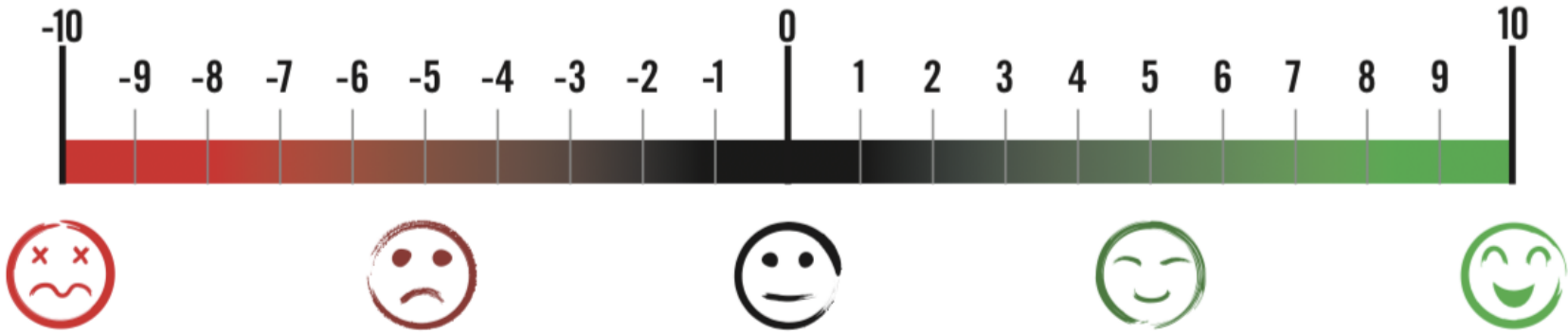
Find where you are.



Find where you are.

# The “You” Scale

Mental Health Scale



\_\_\_\_\_ = I Am Not Safe!



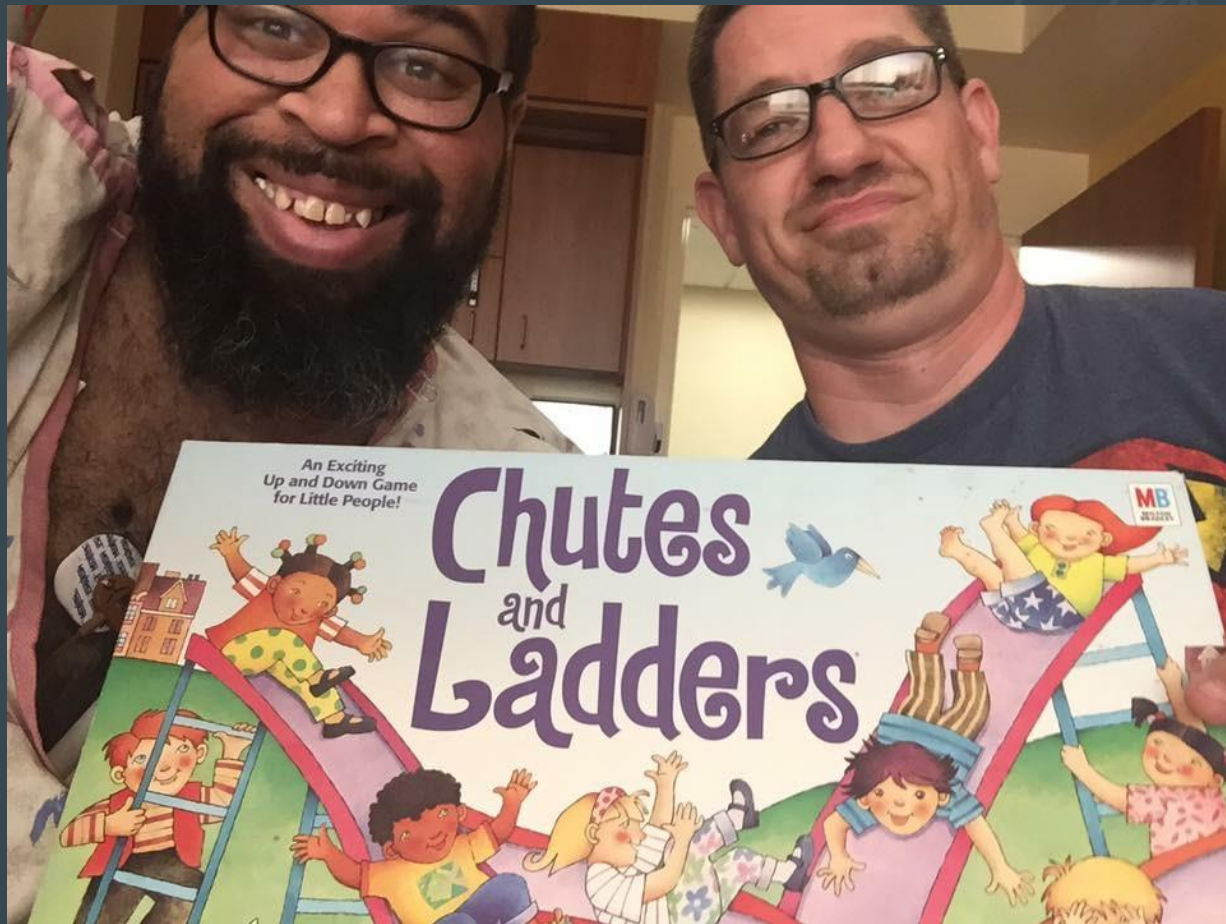
\_\_\_\_\_ = Am I Manic?

# Four Words to Move Forward

1. Find where you are.
2. Where are you going?







N PEOPLE

# Four Words to Move Forward

1. Find where you are.
2. Where are you going?
3. How to get there?





# Four Words to Move Forward

1. Find where you are.
2. Where are you going?
3. How to get there?
4. Find a new forward!





Find a new forward



Find a new forward

Find a new forward



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[www.broken-people.org](http://www.broken-people.org)





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