



You're invited to Invisible Pain Day



Sunday, January 7, 2024

11:00 a.m. - 3:30 p.m.

Middlesex County Fire Academy

1001 Fire Academy Drive, Sayreville, NJ 08872

Register now

Please join the Darren Clark Jr. Memorial and NAMI NJ on Sunday, January 7, 2024, for the 3rd annual observance of the Invisible Pain Day. It is an official day to honor those who have lost a loved one to mental illness and suicide. We will come together to encourage and support one another, bring awareness to mental illness, and honor our loved ones who may be gone, but will never be forgotten. We will spread hope and share vital information to people affected by suicide. Our goal is to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help. We share this day with our friends, family, and others who have suffered a loss of a loved one by suicide and as NAMI New Jersey says, "You are not alone."

The unseen pain that goes undiagnosed, dismissed and stigmatized. The pain that has overtaken so many loved ones to the point that they can no longer bear the struggle and sadly causes many to end their lives prematurely. Friends and family support the grieving ones during their time of tragedy. The fresh memory of the departed ones and the support is comforting. Unfortunately this support fades over time. The people around "move on" with their lives and may not fathom why the sadness and pain still exist for the grieving, who continue to relive the tragedy and bear the continuous pain.

Featured Event Highlights:

- Guest Speakers

- Exhibitors/Resource Tables
- Art Therapy
- Loving Message Table
- Mindfulness Activities
- Sensory Room
- Candle Lit Vigil
- Vocalist
- Brunch/Refreshments

Register now

Registration closes on **Wednesday, January 3, 2024** at 11:59 p.m. ET.
Event contact: Lisa Powell, NAMI NJ Outreach Director, lpowell@naminj.org

Other ways to participate in the Invisible Pain Day

If you would like to participate in this special event but cannot attend, consider the following ways to make this a memorable occasion for you and others:

- **Email us a special note and/or a picture!** Every thought is cherished when it comes to commemorating someone whom you love, encouraging those who share the grieving experience, and caring for yourself. We will incorporate these special notes and photos to the program of the Day. We thank families who have submitted a photo or message. If you would still like to send one in, please email deirdre@darrenmemorial.com with a completed [Media Release Form](#), by the end of **Wednesday, January 3, 2024**.
- **Spread the word.** Tell your family and friends about this special annual occasion. Someone out there may need to hear about an opportunity like this at the turn of the year.
- **Support us with a donation.** Your financial contribution goes a long way toward sustaining this annual occasion to support and honor families who grieve.

About The Darren Clark Jr Memorial

The Darren Clark Jr. Memorial was founded on April 5th, 2018 in memory of Darren Clark Jr., Darren passed away on January 7th, 2018, as a result of suicide due to mental illness.

[Read more](#)

NAMI Personal Stories

I felt heard by people with a real understanding of what I was going through — people who had or were going through similar circumstances.

[Finding Support To Cope With Suicide Loss](#)

by David Salmon

[Surviving Suicide Loss And Weathering Stigma](#)

In the aftermath of that tragedy, I needed support to help me to express my pain, not judgment and shame to compound the trauma.

by Jamie Saltoon

I see it as a privilege that each day, I get the opportunity to help others through their struggles with mental health.

[Surviving Suicidal Ideation And Finding Recovery](#)

by Lydia Dobbins

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