

With more than 1,200 affiliates, NAMI is America's largest grassroots mental health organization dedicated to improving the lives of all individuals affected by mental illness.

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## NAMI Columbus

P.O. Box 8581  
Columbus, GA 31908  
(706) 320-3755 (leave a message)  
Website: [www.namicols.org](http://www.namicols.org)  
E-mail: [info4@namicolsinc.org](mailto:info4@namicolsinc.org)

## Board of Directors:

Shelley Reed, Ph.D	President
Molly Jones	1 <sup>st</sup> VP
Tristen Hyatt	Treasurer
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## Newsletter Editor:

Teri Owens

## Georgia Crisis & Access Line

Single Point of Entry to access mental health, addictive disease and crisis services 24/7/365  
Adults, Children & Adolescents  
1-800-715-4225

## Peer Support "Warm Line"

1-888-945-1414 (toll-free)

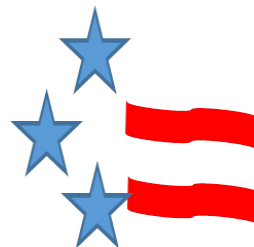
The Georgia Mental Health Consumer Network operates a state-funded, consumer-directed "warm line" for anyone struggling with mental health issues, 24 hours a day

## Columbus ACT Team

AmericanWork, Inc.  
706-641-9663

## AmericanWork, Inc.

### Mental Health and Addictive Disease Services



## Monthly Education Meeting

Lutheran Church of the Redeemer,  
4700 Armour Road, Cols., GA 31904  
January 21, 2019 -- 6:00 P.M.

The mission of AmericanWork is to provide services that maximize the ability of people with mental illness, addictive disease, and co-occurring disorders to live and thrive in their community.

AmericanWork offers a wide array of clinical services (such as diagnostic assessments, crisis intervention, nursing, psychiatric assessments, and linkage to prescription assistance), therapeutic interventions (including individual, family, and group counseling/training for emotional, behavioral, and substance abuse problems), and other core services.

At our upcoming meeting, representatives from AmericanWork will join us to discuss and share information on the various services they offer for Muscogee, Harris, Talbot, Chattahoochee, Stewart, Randolph, Clay, and Quitman Counties.

We hope you will join us at this informative meeting to learn more about these valuable programs.

**If you are able, please bring an item for the refreshment table.**

### The NAMI Columbus Mission

We will use **Support**, **Education** and **Advocacy** to throw out lifelines of hope and help to families and consumers seeking recovery. Our vision is to create an effective and active affiliate which delivers what consumers of mental health services and families need. We work to build an area where leaders and citizens work well together to create a caring, compassionate and educated public that realizes mental illness is a biological illness and is not a character flaw or due to bad upbringing.

# Upcoming Events

(Below are chances for you to get involved)

## January 2019

Jan 11-13 – NAMI Family to Family Teacher Training – Atlanta, GA\*

Jan 21 – Monthly Education Program, 6:00-7:30pm – Topic: AmericanWork

Jan 26 – In Our Own Voice Presenter Training – Atlanta, GA\*

## February 2019

Feb 8-10 – NAMI Basics Teacher Training – Atlanta, GA\*

Feb 16-17 – NAMI Connection Support Group Facilitator Training – Atlanta, GA\*

Feb 18 – Monthly Education Program, 6:00-7:30pm – TBD

Feb 23-24 – NAMI Family Support Group Facilitator Training – Atlanta, GA\*

*\*If you are interested in attending a training session, a letter of recommendation from a member of the NAMI Columbus Board of Directors is required. Please secure this recommendation prior to submitting the application for the training.*

### “Open” Support Groups:

Every Monday night, 6-7:30 pm  
Family/Friend and NAMI Connection Recovery Support Groups  
***Both groups meet at Lutheran Church of the Redeemer, 4700 Armour Rd.***

Every Saturday, 1-2:30 pm  
NAMI Connection Recovery Support Group  
***Meets at The Bradley Center’s Multipurpose Room  
(Use 22<sup>nd</sup> St. Parking Lot for easier access)***

Every Thursday night, 6:30-8 pm  
NAMI Connection Recovery Support Group  
***Meets at Pierce Chapel United Methodist Church, 5122 Pierce Chapel Rd.***

## Friday, Feb 8 – Mental Health Day at the Capital

**Save the date!** Join NAMI Georgia and other mental health advocates for Mental Health Day at the Capitol on February 8, 2019 – hosted by the Behavioral Health Services Coalition. **[RSVP for the event.](#)**

NAMI Georgia will be hosting training for NAMI members and other mental health advocates the evening before Mental Health Day at the Capitol. Participants will learn important tips on speaking with legislators and sharing their personal story, and get details regarding upcoming bills this legislative session. **[Register for the Training Session.](#)**



## **Family-to-Family Course Starts in February**

**Family-to-Family** is a free, 11-session educational program, which is for family members, friends and caregivers of people living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. Sessions begin February 3<sup>rd</sup> on Sundays, 2:30 p.m.-5 p.m. at Columbus Hospice Community Room, 7020 Moon Road.

Comprehensive free course materials will be provided for each participant. **Pre-registration is required** by calling 706-320-3755 & leave a message or by emailing [info4@namicolsinc.org](mailto:info4@namicolsinc.org).

## **Peer-to-Peer Starts later this year**

**Peer-to-Peer** is a free, 10-session educational program for adults who are looking to better understand their condition and journey toward recovery. Sessions will begin later this year, but you can **sign up now for this waiting list** by calling 706-320-3755 & leave a message or by emailing [info4@namicolsinc.org](mailto:info4@namicolsinc.org). Be sure to watch for the announcement of the start of these classes!

# Holiday Cheer!



*A merry time was had by all at the NAMI Columbus holiday dinner on December 9<sup>th</sup>.*

*Great food, wonderful company, and festive decorations made for a fun evening. Approximately 35 people attended, including some guests from West Central Georgia Regional Hospital. It was a wonderful way to celebrate the holidays and our successes from 2018.*



## 5 New Year's Resolutions For Depression

By Lindsay Israel, M.D. | Jan. 02, 2019



When you look back at the past year, what stands out? If the answer to that is depression, feelings of despair or hopelessness, you shouldn't have to go through that for another whole year.

The stress of the holidays is fading. You're leaving last year behind and a fresh start awaits. This is a *new* year. It's a great time to start working towards managing depression in easily digestible steps. It's time to have hope that this year will be better, and hope starts with a plan. Here are a few things you can add to your 2019 plan to feel better.

### Focus On What You Can Control

Tell yourself: "*I will focus on what I can control and let go of what I cannot.*"

Depression can negatively impact your ability to concentrate on topics of your own choice. Often, depression wants you to only think about the negative—the coworker who doesn't seem to like you or the endless thoughts about why you haven't received a call back from the job interview. In turn, these negative thoughts



may influence how you act. While you cannot control who likes you or who offers you a job, you can control how you respond to those situations. You can control how you treat that coworker or whether you continue to send out resumes.

Depression may make it seem impossible to think or act differently. But even just sitting down to make New Year’s resolutions is a step towards taking control back of your thoughts. The physical action of sitting down with a pen and paper is making a behavior change. It’s freeing your thoughts to go in the direction of your choosing. You—not depression—have control over your thoughts and actions.

**Choose Your Environment Wisely**

Tell yourself: *“I will surround myself with positive people.”*

Toxic relationships can have a compounding effect on your mental and physical health. In [a long-term study](#) that followed more than 10,000 people for an average of 12.2 years, researchers discovered that subjects in negative relationships were at a greater risk for developing heart problems, including a fatal cardiac event, than counterparts whose close relationships were not negative. With that in mind, imagine how a relationship of this nature affects someone with depression? Someone who already battles negativity and sadness on a daily basis?

Give yourself permission to move away from the people who bring you down and nurture the relationships that lift you up. Take note of how you feel when you are interacting with people. Do you feel better or worse about yourself when you spend time with certain people? Do you feel fulfilled in their presence or emotionally drained? Depression wants you to feel alone, and negative influences will only reinforce this harmful notion. But you don’t have to be alone or keep toxic people in your life. You get to decide who you surround yourself with.

**Get Help When You Need It**

Tell yourself: *“I will ask for help when I need it.”*

Depression can make you feel weak or flawed. Depression wants you to believe that asking for help is a sign of frailty, reinforcing a sense of being powerless. This is not true. There is *strength* in asking for help.

You are not alone, and you have people on your side who have your best interest in mind. Give yourself permission to reach out to your friends and family for guidance. Even if you just want a comforting ear. Never forget, you are not a burden on people who care about you. You are worthy of help.

**Give Yourself Positive Affirmations**

Tell yourself: *“I will say something positive about myself every day”*

The trick to fight depression’s automatic negative thoughts is with positive affirmations. Stating these constructive facts about yourself will remind you of your strengths and talents, filling your well of self-esteem that irrational depression thoughts have depleted and help you make positive changes daily.

Start with one positive affirmation per day. It will be easier than you think. Before you know it, you will have 365 days of being kind to yourself and 365 reminders of what you have to offer this world and the people around you.

**Fight Depression With Treatment**

Tell yourself: *“I will leave no stone unturned.”*

Treating depression comes in many forms. Some [treatment options](#) are time-tested tried and true, such as cognitive behavioral therapy. New innovative treatments for depression are now available as well. As recently as 2008, the FDA approved a promising, non-invasive treatment for depression called [transcranial magnetic stimulation](#) (TMS).

With each new year comes new and advancing research for treatment methods to combat depression. This is why seeking help from clinical professionals who stay up to date on the research is so important. They will have the knowledge to be able to offer treatment options that best fit your needs and situation.

It’s clear now more than ever what the New Year message needs to be: the next day, the next year will always come, and with it, we can all find hope. Depression may make you feel like every day, every year will be the same experience, filled with negativity and suffering, but it doesn’t have to be that way.

We can find new ways to bring positive changes to our lives. We can fight and overcome depression. We can start a new year feeling better than we did before.

*Dr. Lindsay Israel is a board-certified psychiatrist. Her goal is to help patients feel empowered, because their symptoms can leave them feeling powerless. She specializes in Transcranial Magnetic Stimulation (TMS) therapy for the treatment of various psychiatric disorders. TMS is FDA-approved for depression and is a non-invasive, non-medication alternative to traditional treatments.*

# Supporting Your Own Mental Health As A Caregiver

By Annabel Arana | Nov. 30, 2018

In 2014, after years of not speaking to one another, I received an unexpected phone call from my older sister. She disclosed that she was in a violent marriage and needed help. Snapping into action, I helped my sister get out of her abusive relationship. I had no idea then how much of a roller coaster ride I would embark on after that unforgettable phone call.

Several months into helping my sister and her family, my younger brother was unexpectedly diagnosed with a serious medical condition. He was hospitalized for almost a year and a half.

Helping my siblings with their crises left me feeling overwhelmed and in constant flight or fight mode. There was no time to process, only time to act. Over time, I felt worn out and depleted. I wished someone had told me how to properly take care of myself during this personal ordeal.

When the roller coaster ride finally slowed down, I retreated in order to re-build my own mental health. This led me to seek mental health services to help process the family crises I had been through.

Having to assist a loved one through a crisis only underscores the importance of taking care of your own mental health. If you are a loved one who is trying to help a family member or have become a designated caregiver, there are certain things you can do to ensure that mental health in the family becomes a priority.

## Set Boundaries

By being a designated caregiver, you may be comfortable giving of yourself to help your family member without taking a breather. And I understand that taking care of your own needs can be difficult because of the demands of the family. Setting boundaries does not mean that you are setting limitations in helping your family member; it is only asking that other members respect your boundaries and allow you to recharge. For example, perhaps you can share with your loved one that instead of helping all throughout the week, that you are available during certain hours on certain days. This will allow you structured time to focus on yourself.

## Practice Self-Care

Taking care of a family member can feel draining, overwhelming and even frustrating. It is essential that you take some time to unwind. Don't feel guilty for making self-care a priority. Tending to your emotional needs does not mean you are being needy. Honor and protect your mental health by reflecting on what needs tender love and care.

It may take additional time to define what you need to maintain your mental health. Does it mean carving out time in your schedule to create breathing room for yourself? Spending more time with friends? Going outside to take a walk? Letting your feelings out in a journal? Do what you feel is appropriate and within your means to help yourself recharge. After all, it is impossible to pour from an empty cup.

Establishing a personal check-up with yourself can help build perspective on how you need to recharge. It can also help you vocalize your needs to your family members.

In addition, it may be helpful to consult a therapist and share how your family member's diagnosis has impacted you. A therapist can provide encouragement, which can help recharge your emotional batteries. Your mental health matters, too.

## Build A Support Network

Asking for help from people outside of your immediate family can be intimidating and challenging. However, you should not feel alone in caring for your loved one. Ask other family members, friends and neighbors if they are available to help. If they are, ask how much they can/are willing to help. Give them some ideas of what would be helpful, like assisting you with basic errands such as bringing food over for dinner or just spending time visiting. You don't need to handle everything on your own—there are people out there who will help you.

When my family crisis was over, I had the energy to resume my daily routine. I felt as though I was able to pursue my tasks with more momentum than before. My family and friends noticed how I was focusing on re-energize myself and continued to show their support. There will always be demands and responsibilities to attend to right away. But when you take care of yourself, you are also showing how important mental health is for everyone.





# Columbus

P.O. Box 8581  
Columbus, GA 31908  
(706) 320-3755  
*Our Area's Voice on Mental Illness*



Many people find their way to our classes by first attending a support group. If you are a NAMI Columbus "long timer" (we don't want to call you old), please attend either of the two weekly NAMI Connection support groups or the weekly Family support group. Newcomers can use your wisdom and hard-earned experience. Sharing a message of recovery gives the hope they are searching for. Many people tell us that the NAMI motto "**You Are Not Alone**" is the initial feeling they realize at their first meeting. If you are willing to train to be a support group facilitator, let us know!

## I want to support NAMI Columbus and NAMI's mission.

*✂ Please Cut and Mail ✂*

Name

Address

City State Zip

Phone Numbers (do not enter a number if you do not want to be listed in the Membership Directory (members only).

E-Mail (Please include so we can be green and email you our monthly newsletter.)

### Please check type of membership desired:

- ☐ Individual Membership - \$40 Dues
- ☐ Household Membership - \$60 Dues
- ☒ **\$5 Open Door Membership (financial hardship)**  
(All dues are for 1 year and are tax-deductible.)

**All memberships include NAMI National, NAMI Georgia, and NAMI Columbus membership.**

- ☐ I am not joining at this time, but I would like to make a contribution of \$ \_\_\_\_\_. (Thank you!!!)

NAMI National, NAMI Georgia and NAMI Columbus are dedicated to eradicating stigma and improving the lives of persons with mental illnesses thereby also benefiting their friends, family and community. Catch the wave and be a part of change.

NAMI Columbus is an affiliate of NAMI Georgia, which is a 501(c)3 non-profit charitable organization. Dues and donations are tax deductible. Membership includes a subscription to our monthly newsletter and access to immediate news on advocacy, treatment and support issues from our national, state and local organizations.

Please make checks payable to:  
**NAMI Georgia** & enter "**NAMI Columbus membership**" in the memo field.

Mail your check and membership form to:  
**NAMI Columbus**  
P.O. Box 8581  
Columbus, Georgia 31908

You can also join safely online at [www.nami.org/join](http://www.nami.org/join) .