



# Columbus

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.



### Inside This Issue

Upcoming Events/Meetings/Date.....	2
NAMI Walks Georgia.....	2
New F2F & Connections Group Leaders.....	3
Suicide Prevention Awareness Month.....	4
Choose Life.....	5



### NAMI Columbus

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



### Board of Directors:

Shelley Reed, Ph.D	President
Molly Jones	Vice President
Tristen Hyatt	Treasurer
Stephen Akinduro	
Doris Keene	
Sue Marlowe	
Phil Tirado	

### 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

# Moving Forward My Journey from Mental Illness

**Special Guest:**  
**Shemicka Hamilton**

## Monthly Education Meeting

Lutheran Church of the Redeemer,  
 4700 Armour Road, Cols., GA 31904  
 September 16, 2019 -- 6:00 P.M.

Shemicka Hamilton, will be joining us to share her recovery journey from mental illness. Shemicka is a master's level social worker, earning her BSW and MSW from Troy University. Her passion and expertise are working with adolescents in areas of behavioral health, mental health, trauma, and crisis intervention.

Ms. Hamilton served in the United States Navy and Army, is now a Veteran and an active member of Kappa Epsilon Psi Military Sorority. In 2002 she was diagnosed with stage 4 lymphoma cancer and had to undergo chemotherapy and radiation therapy. After going into remission in 2007, her battle with cancer was over but she found herself on the battlefield fighting against anxiety and depression.

Although this has not been an easy journey for her, and is still a continuing journey, she feels that it is important to share her story and let others know they are not alone. Instead of viewing depression and anxiety as a weakness, she learned to view it as a strength. She believes that in order to Move Forward with breaking the stigma of mental health amongst our community, we must first have the courage within ourselves.

Come and join us to hear Shemicka's story of recovery at our monthly meeting at 6:00 pm on September 16, 2019 at our Monday night's location, Lutheran Church of the Redeemer, 4700 Armour Road, Columbus, GA. We all could benefit from increased knowledge on diagnosis and medications.

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

# Upcoming Events

(Below are chances for you to get involved)

## September 2019

Sept 7-8 – NAMI Peer to Peer Mentor Training – Atlanta, GA\*  
Sept 16 – Monthly Education Program, 6:00-7:30pm – Moving Forward, My Journey from Mental Illness

## October 2019

Oct 5 – NAMIWalks Georgia, 8:00am check-in, 9:30am start – Clark Atlanta University Stadium, Atlanta, GA  
Oct 21 – Monthly Education Program, 6:00-7:30pm – TBD

*\*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.***



**NAMIWalks** Georgia will be held in Atlanta on Oct. 5<sup>th</sup>. NAMI Columbus is supporting the Atlanta Walk through our team, **Steps for Change**. To register as a walker or to donate, simply click on the following link: [www.namiwalks.org/team/columbus32319stepsforchange](http://www.namiwalks.org/team/columbus32319stepsforchange)

If you need a reminder of why we walk for NAMI, please take a moment and read below why I walk. You may have a similar reason or something different. It doesn't matter. We just all need to walk.

Why do I Walk for NAMI? Because mental illness has become such a monumental presence in my life and that of my family that I have to see things change. I have to see changes in:

- how people are treated by the medical community and the local community;
- how much we know about the brain.
- how to help someone with a mental health issue.
- how we can restore the brain after the illness hits.
- how we can cure mental illness.

All of this is important to me because I am the mother, grandmother (of two), aunt, great aunt, and sibling of family members affected by this. While I am fortunate that many of my family members are in recovery, there have been some tragic losses.

The date was May 12, 2016. It's a date that is indelibly printed in the minds and on the souls of family members and friends of Morgan Edmonson, my great nephew. He was just 16 when he made the permanent decision to kill himself. He had been fighting depression and social anxiety disorder for over two years and he just couldn't keep up the fight. His family and friends were shocked to hear the news because it seemed he was getting better. His mother, Ginger, had done so much to try and help and support him and all of us thought he might have turned the corner.

So things have to change. To change things we need a lot more education and research. And that takes money. One in five people experience a mental illness in any given year. We need to change that. That means we need to do more telling of our stories and fundraising.

That's why I Walk for NAMI. ~ Mimi Marlowe

Support Education

September, 2019 ~~ Page 2 of 6

Advocacy Recovery



Congratulations!

to NAMI Columbus' new **Family to Family Teacher** and **Connections Support Group Facilitator** Graduates!



**Charlene Logan** (2<sup>nd</sup> from right) was recently certified as a NAMI Family-to-Family teacher. NAMI Family-to-Family is a free educational program for family, significant others, and friends of people with mental health conditions. Congrats Charlene! Thank you for your interest and willingness to serve others by teaching this valuable class!



**Robert Anthony** (far left, 2<sup>nd</sup> row), **Judy Lamb** (4<sup>th</sup> from left, front row), and **James Lincoln** (far right, last row) were certified as NAMI Connections support group facilitators in July. It's wonderful to have 3 new facilitators for our Connections groups! They've already started facilitating and making an impact. Thank you and Congratulations to Robert, Judy, and James.

# Suicide Prevention Awareness Month

If you or someone you know is in an emergency, call [The National Suicide Prevention Lifeline](#) at 800-273-TALK (8255) or call 911 immediately.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

In 2016 alone, nearly [45,000 individuals died by suicide](#), leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called “suicide loss survivors”) are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

**September is National Suicide Prevention Awareness Month**—a time to share resources and [stories](#) in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. NAMI is here to help.

## Informational Resources

- [Know the Warning Signs and Risk Factors of Suicide](#)
- [Being Prepared for a Crisis](#)
- Need more information, referrals or support? Contact the [NAMI HelpLine](#).

## Crisis Resources

- If you or someone you know is in an emergency, call 911 immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255)
- If you're uncomfortable talking on the phone, you can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.

## Awareness Resources

Help promote awareness by [sharing images and graphics](#) on your website and social media accounts. Use #SuicidePrevention or #StigmaFree.

While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength around a difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life.

*From NAMI.org*



## *One conversation Can change a life*

Maintaining strong connections among family, friends and in your community is one of the best ways to prevent suicide. Supporting NAMI Columbus enables you to extend your circle of support and become part of a national movement to end the stigma of mental illness and remove barriers to treatment. One person making a difference can change a life. When we all work together we can change a nation.



# *Choose Life*

By Elaine Taylor

If depression had no termination, then suicide would indeed be the only remedy.

But one need not worry. Those of us who live with depression and have miraculously found that beacon of comforting light in the crushing darkness of torturous hell, know that depression is not the soul's annihilation.

Men and women who have recovered from the disease, and they are countless, bear witness to what is probably its only saving grace: It is conquerable.

Every day you make progress. Every step may be fruitful. Yet there will stretch out before you an everlasting, ever lengthening, ever ascending, ever improving path.

You know you will never get to the end of the journey, but this, so far from discouraging, only adds to the joy and glory of the climb.

So many things do not have an answer and we do not know where our spark of inspiration comes from.

Sometimes it comes from out of nowhere when we are facing what seems to be the darkest of dark days.

Our struggle is as real and debilitating as an undetectable poison.

When we come together as one during the toughest battles, we represent strength.

When we make it back from the ever-consuming darkness and feel the need to apologize for what is an understandable response to a crisis, "aka depression".

It is utterly amazing how "Heroes and Supporters" can be found in the unlikeliest of places.

During an all too recent battle of depression, I just about gave up on myself and humanity as a whole

I took the proverbial leap of faith. To my amazement, I was caught, well before I crashed into a billion unreparable pieces, by genuine, supportive, nonjudgmental people.

I now have true peace of mind because I know I will never be alone when the darkness consumes me.

I have also found a new-found faith in myself and humanity.

Once a traumatic, life-shaking, soul-shattering tragedy hits, it's so easy for one to feel like giving up.

There is an internal, infernal spark of survival in me that has yet been anywhere close to extinguishing.

I, like so many of us, have one hell-of-a-story to share. I have also re-realized that seeing someone make it through their darkest times only to become stronger than ever – it gives hope to what may seem to be a hopeless situation.

This is a way for me to repay the kindness and generosity that was, and always will be, "my-ace-up-the-sleeve".

*May the wings of comfort encompass you.*

*May the strength of a thousand warriors be given unto you.*

*May the waters of Hope restore that newfound strength.*

*May the words of a caring and trusted friend bring you peace.*





# 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) .