



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.



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NAMI Columbus

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



Board of Directors:

Shelley Reed, Ph.D. President
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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

Monthly Education Meeting

Lutheran Church of the Redeemer,
 4700 Armour Road, Cols., GA 31904
 November 18, 2019 -- 6:00 P.M.



Please join us for an evening of fun and friendly competition at our Bunco Game Night. There will be prizes, too! Don't worry if you've never played before, because we'll have seasoned players on hand to explain the rules.

Let's have some fun!

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



Annual Holiday Potluck Party

Our annual Holiday potluck party will be held Sunday, December 8th.
 See page 3 for details.

Upcoming Events

(Below are chances for you to get involved)

November 2019

Nov 9 – NAMI In Our Own Voice Presenter Training – Atlanta, GA*

Nov 18 – Monthly Education Program, 6:00-7:30pm – Bunco Night

December 2019

Dec 8 – NAMI Holiday Party, 6:00-8:00pm – Columbus Hospice

January 2020

Jan 20 – Monthly Education Program, 6:00-7:30pm – TBD

Jan 25-26 – NAMI Connection 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 22nd 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.

The NAMI Columbus Mission

We will use **S**upport, **E**ducation and **A**dvocacy 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.

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.

*You are cordially invited
to our annual
Holiday Potluck Party
Sunday, December 8, 2019
6:00 - 8:00 pm
Columbus Hospice
(Community Room)
7020 Moon Road
Columbus, Georgia 31909*

Every year NAMI Columbus members and friends gather in December to celebrate the holidays and our successes from the current year.

NAMI Columbus will supply meat and beverages. We ask you to look through your recipes and supply side dishes and desserts.

We have so MUCH to celebrate, please plan on joining us again (or for the first time).

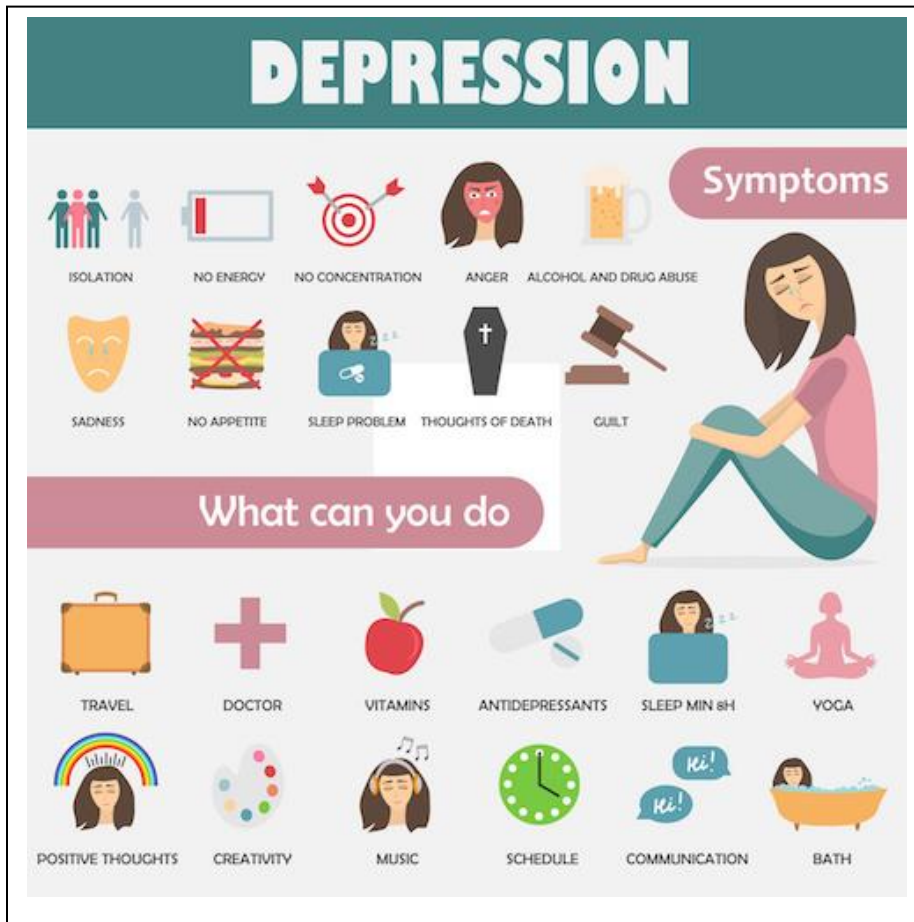
If you can assist with set up and/or clean up, please contact us via our main email address: info@namicolumbusga.org or call 706.320.3755 and leave a message.

PLEASE NOTE: We will not have our regular Monthly Education Meeting in December, because of our Potluck. Regular meetings will resume in January.



Here's What People Get Wrong About Depression

By Mariah Matarazzo | Oct. 28, 2019



National Depression Awareness Month is in October, but it is critical that we all talk openly about it all year. It's an issue that touches so many lives: more than [17 million adults in the U.S.](#) had at least one major depressive episode in the past year. I know because I am one of them.

I'm lucky to be in recovery from my [depression](#), thanks to a non-drug treatment called transcranial magnetic stimulation (TMS) therapy. But I know firsthand how completely alone this illness can make people feel. My experience is the reason I want to help others like me.

I have learned a great deal on my journey, and my hope is that providing my perspective on depression will inspire conversations on the topic. There are a lot of myths surrounding depression, and through conversation, we can dispel them, and improve the lives of those who face this illness.

Myth: "People with depression aren't 'normal'"

Depression is way more common than people realize. Every day, people around us are struggling with depression, often silently. Many people believe that someone who is depressed is "crazy" or "not normal." Society likes to throw around these types of labels, but I'd like to challenge us to define what "normal" is.

Having depression, or any mental illness, does not make you abnormal or any less of a person. The disease does not discriminate, and it affects people in different ways. Talking openly about mental health and de-stigmatizing the topic is the first step to bringing hope to those who are struggling and making them realize that mental illness is way more "normal" and common than they might think. That's why I take the opportunity to share my story very seriously.

Speaking up takes courage, but it also gives others the opportunity to be there for us and support us. It took time for me to wrap my head around what I was going through when I was first experiencing my depression symptoms. But my journey really took a turn for the better once I decided to open up to my parents about how I was feeling.

They soon became my biggest supporters. They were there for me, sharing their love and encouraging me through every twist and turn, reminding me that they believed in me and my treatment plan. Making the decision to talk with them about how "not normal" I was feeling marked a major milestone for me.

Myth: "Depression is only triggered after a sad or traumatic event"

Depression is not always caused by *one* particular event or one trigger. I showed symptoms of depression at a very young age. I thought that feeling (or lack of feeling) was just a part of life I had to learn to live with. I didn't really know anything else. While specific experiences I encountered certainly contributed to my symptoms and made my depression worse, the underlying illness was always there.

Depression is not a situational disorder; it's a clinical and chronic illness. It impacts the brain and affects how you think, feel and act. It is not something you can wish away with positive thoughts, affirmations or with a little bit of sunshine. Trust me, I tried. It doesn't just show up alongside a particularly awful time in your life and then leave when that event is over either.

Depression is much more than just a mood or a feeling. It is a disorder that medically affects your brain's ability to work properly, in a similar way to how Alzheimer's affects memory. Once I fully understood this, I spent a lot of time educating my parents and loved ones. Once we all understood my illness, addressing it head-on as a team became much more possible.

Myth: “Antidepressants and counseling work for everyone”

When I first started treatments with antidepressants and counseling, I thought they would work for me. They didn't. There is a misunderstanding that antidepressants and talk therapy work for everyone with depression, but **treatment is not one size fits all.**

I was determined to find something that would work for me. My parents and I explored other treatment options, which is how I came across TMS therapy. After my doctor suggested it as a possible treatment path, I educated myself and my family on what it was, how it works and how it differs from other methods. I quickly learned it has been [FDA-cleared](#) for more than a decade as a non-drug, non-invasive treatment that uses magnetic pulses to target areas of the brain that are underactive in depression.

I was skeptical about it, but I knew I had to try. And I'm so glad I did. I credit TMS for giving me my life back. Since receiving the treatment, I am now in recovery from depression. I am excitedly and passionately pursuing a career in mental health in the hopes that I can help people like me. I have a unique perspective now being on the other side of this illness. My hope is that my experience will allow me to connect with people on a deeper level and serve as a light for them when they feel like they are alone and surrounded by darkness.

In honor of National Depression Awareness Month, I encourage you to have a conversation with your loved ones about depression. Do your best to be a support system for those who need it, and let them know you're there and want to hear about them and their feelings — “normal” or not. If you are experiencing symptoms of depression yourself, know you are not alone. Be an advocate for yourself and speak up, talk with your doctor, lean on your support system and keep an open mind when it comes to your treatment.

If we all have the courage to speak out, we can break the stigma and spread love, hope and positivity to those who need it most.



The Messy Truth About Obsessive-Compulsive Disorder

By Ethan S. Smith | Oct. 07, 2019

I hear comments all the time:

“My place is so perfect. I'm so OCD.”

“No, it has to be neat and clean. I'm so OCD.”

“You should see how I organized my Star Wars collection. I'm so OCD.”

I was born with Obsessive-Compulsive Disorder ([OCD](#)). I struggled throughout my childhood, through multiple high schools and left college after just one semester—consumed by my obsessive thoughts. I barely made it through my twenties. In my early thirties, I hit rock bottom. I was bedridden in my parent's guest bedroom, paralyzed by OCD.

One year included three psychiatric hospitals; intensive outpatient therapy; two months at the OCD Institute at McLean Hospital in Boston; being kicked *out* of said OCD Institute; and living on the streets of Boston in the middle of winter with little money, no transportation, no job and severe OCD and separation anxiety.

It took hitting rock bottom to get the help I needed. After eight scary therapeutic months, I was “reborn” and moved to Los Angeles a healthy, happy and thriving member of society. I finally understand the point of the therapy my loved ones had *desperately* been trying to get me into.

Why do most people believe the myth that OCD is just about a hyper-organized desk or color-coordinated closet? The reality is that most of the [3 million](#) people with OCD in this country struggle just to function on a daily basis. They're not bragging about the “benefits” of OCD.

Well, Hollywood's general portrayal and perspective of OCD is limited. Movies and TV present OCD as quirky or fun. Characters often use their symptoms to their advantage, almost like a skill or superpower. Hollywood has created the belief that OCD is just double-checking, hand washing or a strong dislike of germs. Hollywood and the media *rarely* address [the reality](#) of this serious condition—it simply seems funny to watch, and not too difficult to live with. So, many individuals with OCD continue to struggle in silence, afraid to seek help.

OCD typically looks nothing like what you see on television. I didn't wash my hands; I didn't check, organize or clean; I wasn't afraid of germs. My OCD was based in my fear of losing control. OCD is complicated like that; it preys on your unique fears and anxieties that have no basis in reality. For some people that's germs, for others (like me) it's extremely taboo topics, like self-harm.

To you, these fears and anxieties seem irrational and easy to brush aside, but the [actual experience](#) of having OCD is losing that rational perspective. Your brain can't shrug off these fears. It's a constant battle between uncertainty and truth inside your brain. That's why the disorder is a far cry from: “I love when my kitchen is put away perfectly. I'm a little OCD.”



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 .