



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

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



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Dr. Larry Meisel Learning about Healthy Behavior Practices to Reduce Anxiety Plus a New Relaxation Exercise

Monthly Education Meeting

Lutheran Church of the Redeemer,
 4700 Armour Road, Cols., GA 31904
 March 16, 2020 -- 6:00 P.M.

Dr. Larry Meisel is our guest speaker on March 16! Longtime NAMI Columbus members know Larry, since he's a local counselor, having worked at CSU, private practice, and now at The Pastoral Institute. Plus he is married to our "NAMI rejuvenator": Dr. Cyndy Pattillo. Larry has spoken to us before on Anxiety, discussing what it is, the fight or flight response, etc. plus healthy behavior practices to help reduce anxiety. He will be doing a similar presentation this time, and says he has a new relaxation exercise that he'd like to share with us. Sounds interesting, doesn't it?

Come and join us to share your views – or just listen to others - at our monthly meeting at 6:00 pm on March 16, 2020 at our Monday night's location, Lutheran Church of the Redeemer, 4700 Armour Road, Columbus, GA.

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



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



If you aren't receiving your
news-letter via email, and have
provided us your email address,
please check your spam folder.
To avoid the newsletter going to
spam, add our new sending
email address,
news@namicolumbusga.org,
to your contacts.

Upcoming Events

(Below are chances for you to get involved)

March 2020
Mar7–NAMI Ending the Silence Presenter Training–Atlanta, GA*
Mar14-15–NAMI Family Support Grp Facilitator Training--Atlanta, GA*
Mar16–Monthly Education Program, 6:00-7:30pm--Dr. Larry Meisel
April 2020
April18–NAMI Ending the Silence Presenter Training–Atlanta, GA*
April20–Monthly Education Program, 6:00-7:30pm–TBD
April25-26--NAMI Peer to Peer Mentor 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)**

*The Thursday night NAMI Connection Group at
Pierce Chapel United Methodist Church is
CANCELLED until further notice.*

NAMICon 2020

Atlanta • July 15-18

Together Toward Tomorrow

The NAMI National Convention is one of the largest community gatherings of mental health advocates in the United States. Each year, our convention connects and inspires people looking for resources, research, support services and recovery strategies. Join us as we embrace our theme — **Together Toward Tomorrow** — and celebrate NAMI's 40 years of support, education and advocacy.

The NAMI 2020 National Convention will feature:

- Top-notch researchers and clinicians;
- Perspectives on recovery and stories of lived experience;
- The country's keenest minds and savviest policymakers offering strategies and tactics;
- Abundant networking opportunities to learn from peers about how we can improve the lives of all people affected by mental illness and their families.
- Inspiration, innovation and an exhilarating four days in Atlanta.

REGISTER TODAY! For registration information and early bird rates, visit: <https://www.nami.org/Get-Involved/NAMI-National-Convention/Registration-Information>



NAMI 40th Anniversary



Since 1979, NAMI has been a beacon of help and hope to all people affected by mental health conditions. From humble beginnings around kitchen tables to 48 NAMI State Organizations, more than 600 NAMI Affiliates and a national headquarters, we have grown into the largest grassroots mental health organization in the country.

For 40 years, we have been at the forefront of the mental health movement providing support, education and advocacy to ensure people get the care they need and deserve. Stay tuned for 40th anniversary recognition on nami.org, and help us reflect on our history and grassroots by sharing your well wishes, memories, shout outs or photos at NAMI40@nami.org.

THIS IS FOR ME

By Kathryn van Roosendaal | Feb. 24, 2020

I have [schizoaffective](#) disorder, a condition that even most doctors have never heard of. It means that I have schizophrenia in addition to a mood disorder. In my case, I also have bipolar disorder, generalized anxiety disorder, depression and obsessive-compulsive disorder. These conditions are highly stigmatized in our society — something I try to remedy every day. But it isn't easy. I have learned it is extremely difficult for someone who is "neurotypical" (without a mental illness) to understand what it's like to have your own mind turn against you. So, I will speak out and beg you to understand.

This is for me — someone who hears voices that no one else does. I panic and get defensive because I hear my brain's interpretations of people's thoughts in their voices. A woman smiles and says hello, but as she turns away I hear "*stupid bitch.*" It goes on and on, and any place with people becomes unbearable. The grocery store is excruciating as the background babble of "*useless bitch,*" "*why are you still alive?*" and "*damn, she is ugly,*" bombards me. Going anywhere in public fills me with so much anxiety that I cannot sleep, and I vomit at least once a day from the panic. And so I hide, terrified of stepping outside the front door.

This is for me — someone who has crippling panic attacks. I never know what will trigger one. I start shaking and it gets hard to breathe. I try taking deep breaths to calm myself, but the panic spirals out of control. I try to catch my breath, but I start hyperventilating as tears and snot run down my face. My hands go painfully numb. My heart is beating so fast I feel sure it can't keep going. I think, "*there is no way I can survive this,*" which eventually leads to "*I am dying.*" Then, I finally stop shaking, but I feel so weak I can barely talk or think. My muscles spasm uncontrollably. I have to crawl to a chair to pull myself up off the floor.

This is for me — someone who gets so overloaded by anxiety that I yank at my hair and gouge holes in my skin. I shave my head so I don't pull at my hair, but I can still pull at my eyelashes. I cut off my fingernails, so I can't dig at my skin. I say it over and over in my head, "*stop digging,*" but the compulsion is too strong. And the pain is a relief. Physical pain helps block out the mental pain.

This is for me — someone who suffers from psychotic episodes. I lay in a bed in the ER, grasping at the blanket as I see and feel bugs digging through my skin. I can feel the worms eating through my brain, devouring my memories and my thoughts. The wires and IV turn into worms as well, and I grab the bed rail as hard as I can to keep from ripping them off me. I sob in relief as the doctor finally gives me a shot to calm me down. I pray he will mess up and I will overdose. I cannot stand the thought of going through this again.

This is for me — someone who has attempted suicide. I am so exhausted from trying to be "normal" that I can't stand it anymore. My brain is on overdrive. I don't want to die, I just want the chaos to stop. While driving, I think that I can just crash my car and end it, but I can't think of a way to crash my car hard enough to kill me without being a danger to the other people on the road. So instead, I pull over and sit there sobbing for what feels like hours, as the traffic and normal world pass me by.

This is for me and for all of those like me. For those who don't understand what it's like, keep in mind that we are more of a danger to ourselves than we are to others. Our illnesses are real, and all we want is to be understood.

Kathryn van Roosendaal is a former newspaper and magazine writer and editor. She now maintains a blog and a Facebook page dedicated to breaking the stigma surrounding mental illness by sharing her own experiences of living with schizophrenia and depression. You can find her at schizophreniaandmore.com and facebook.com/SchizophreniaandMore.

NOTICE NOTICE NOTICE

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Pierce Chapel United Methodist Church
is **CANCELLED** until further notice.*

NOTICE NOTICE NOTICE



Keep Swimming: A Celebration of Mental Wellness

The National Alliance on Mental Illness (NAMI) Georgia has been part of the nation's largest grassroots mental health organization since 1982, dedicated to building better lives for millions of Georgians affected by mental illness.

The mission of NAMI Georgia is to empower affiliates to create communities where all affected by mental illness find hope, help, and acceptance through support, education and advocacy.

We are excited to host the national NAMI Convention in 2020! Our fundraiser for NAMI Georgia during the convention week will be held at the Georgia Aquarium on July 17 from 6:30 - 8:30 p.m. Attendees of this event will include NAMI members and others from across the country who are dedicated to sharing, learning, and networking around key mental health issues.

This special reception will be held in the impressive Oceans Ballroom which features two large aquatic observation windows that will put you face-to-face with exotic fish and sea life from every corner of the world. Tickets are \$75 each and include admission to the aquarium, light hors d'oeuvres, cash bar, and the opportunity to bid on fabulous prizes.

Proceeds from the event benefit NAMI Georgia Inc. 501 c(3), the State Organization of the National Alliance on Mental Illness. Tickets are non-refundable.



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(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.