



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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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

Meetings & Classes

Due to continued concerns related to COVID-19, all in-person NAMI support group meetings are cancelled at this time.



NAMI Columbus

CONNECTION Recovery Support Group

Virtual Meetings

Although in-person support groups are still cancelled, NAMI Connection Support Groups will meet virtually. Please see details on the next page and join us virtually to connect!



JOIN US FOR The 2020 VIRTUAL ANNUAL MEETING!
 Saturday, May 16, 2020 • 2:00 PM

Let Us Know You'll Be There! <https://bit.ly/AnnualMtgRSVP>

Join Online Or By Phone

JOIN ONLINE: <https://Namiga.Zoom.us/J/94940358442>

JOIN BY PHONE: Dial (929) 205-6099 and Enter Meeting ID: 949 4035 8442

Join Us for NAMI Columbus VIRTUAL Connection Support Group Meetings



Zoom

Into



NAMI Connection
National Alliance on Mental Illness RECOVERY SUPPORT GROUP

We may be socially distant, but we can still make a social connection by attending a virtual NAMI Connection Support Group meeting.

Saturdays - 1:00 pm to 2:30 pm

Thursdays - 6:00 pm to 7:30 pm

Email: Vanessa.M.Vivas@Gmail.com

for an invite (link) to either group.

(Please email at least 24 hours prior)



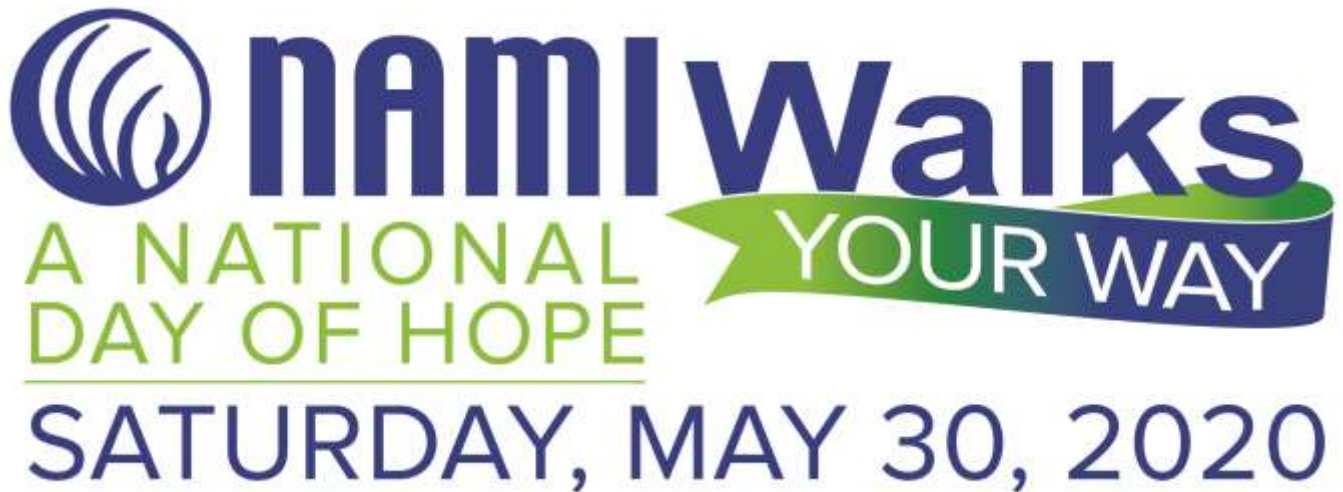
The NAMI Columbus Mission

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.



May Is Mental Health Month!

NAMI Georgia's theme this year for Mental Health Month is "You Are Not Alone."



We will be celebrating NAMIWalks - A National Day of Hope on
May 30th

Spread the word, register for NAMIWalks, raise mental health awareness!

In honor of Mental Health Month, please consider giving a small token of gratitude!

NAMIWalks is **NOT** just about the walk day itself. Walk day is a celebration of the months of increased awareness about mental illness that you and other participants are having right now in your communities. While NAMIWalks Georgia is a fun event, it is just as important as raising funds for mental health.

We hope that you will consider supporting our mission with a donation. Even in times such as this, the need continues.

#NotAlone

[**Give Now!**](#)

[**Register Today!**](#)



What Is The Role Of Activity For Mental Health?

By Brad Bowins, M.D.

Mental illness exerts a heavy toll on society, but only receives a fraction of the funding that physical illness does. There is a universal need for beneficial and cost-effective interventions for mental illness. But what might qualify as an option?

One possible answer is activity! As a psychiatrist treating a wide range of conditions, I have seen first-hand the benefit of activity and routinely apply it to clients, both in terms of recommending activity of various forms and formal behavioral activation treatment (BAT).

In the realm of physical health, physical activity is well established. But the notion of activity for mental health is still developing. This is why I researched the spectrum of activity to uncover the reasons why activity is so beneficial to mental health. The resulting book, "[Activity For Mental Health](#)," explores activity in general, as well as specific forms — physical, social, nature, cognitive, art/hobby and music.

One key reason why activity in general improves mental health is due to human evolution. In contrast to our primate relatives, humans had to be active in order to search for food, water, safe resting sites and other valuable resources. In other words, we evolved to be active and this is expressed in our requirements for health.

Another reason is the importance of having a positive focus. Negative distractions are ever-present and weigh us down psychologically. However, being absorbed into a positive focus, such as an activity, has the potential to remove a person, or distract, from negativity.

Beyond the benefits of activity in general on mental health, physical, social, nature, cognitive, art/hobby and music activity each have their own unique impact. In this day and age of evidence-based interventions, it is important to establish to what extent the various forms of activity both treat mental illness and promote mental health in the general population.

Here is a brief overview of why each form of activity is beneficial for mental health.

Physical

Various forms of [research](#) conclusively demonstrate that [physical activity](#) advances [mental health](#). It can improve self-image on a psychological level, and on a biological level, it increases blood flow to the brain and helps the growth and survival of neurons.

Social

Humans evolved in hunting-gathering groups, instilling a social brain. This is in contrast to tigers, for instance, that are quite fine on their own. We require social contact, and in a world that is becoming more and more socially fragmented, isolation and [loneliness](#) can contribute to [mental illness](#). However, you can bolster your mental health with social and emotional support.

Nature

Given the beauty and serenity of natural settings it makes sense that nature is [beneficial for mental health](#). Nature activity works because it induces [relaxation](#) responses thereby reducing stress responses. Several features of natural settings, such as smooth and round contours and saturated colors, seem to help the brain reduce stress and feel calm.

Cognitive

Although it would seem that mental activity can improve a person's mood, very little research focuses on this theory. And for the research that has, most addresses the impact of cognitive activity on cognitive functioning, such as in [schizophrenia](#). However, one clear outcome is that cognitive activity does improve cognitive health.

Art/hobby

Many people, particularly those with mental illness, can benefit from developing a hobby. Research demonstrates how such activity may both contribute to the [treatment of mental illness](#) and [improve mental health](#) in the general population. For example, hobbies can help a person to feel empowered and motivated.

Music

This form of activity might seem to fit into the art/hobby category, but it is very distinct due to the way that it [connects with emotions](#). In addition, music appears to activate and [stimulate many brain regions](#). When combined with regular treatment, music therapy has even been shown to [reduce symptoms](#) of depression and anxiety compared to treatment alone.

Activity, including the specific forms of physical, social, nature, cognitive, art/hobby and music, represents a robust, cost-effective and easily accessible mental health intervention for both people with existing mental health conditions and those who are looking to improve their overall mental well-being.



Strategies to Afford Mental Health Treatment

By Jeremy Lee, PharmD, BCPS

For those with a mental health condition, there are many effective treatment methods, including counseling, medication and holistic therapies. However, the costs of treatment can quickly add up.

Despite these expenses, it's even costlier to leave your condition untreated. It can also be debilitating. You may experience reduced productivity and motivation, which can hurt your job performance or career prospects. Additionally, untreated mental health conditions may lead to a hospital stay, which costs far more than any outpatient treatment method.

So rather than risking both your mental health and your finances, it's essential to seek treatment that is both effective and affordable to you.

Here are some strategies for making your treatment more affordable.

Find a Sliding Scale Provider

Some therapists take into account your current financial situation and offer services on a sliding scale, which means you pay what you can afford based on your income. This only applies to out-of-pocket spending on your part, not a discount on your insurance copay.

This option is especially helpful for those who are uninsured or underinsured. You can find sliding scale therapists in online directories like [Psychology Today](#) or the Anxiety and Depression Association of America's [Find a Therapist page](#).

Try Online Therapy

Online therapy platforms [may charge a lower fee](#) than traditional therapists. For those with coverage, many insurance plans are now covering online therapy at the same rate as in-person. For those who are uninsured or underinsured, online therapy can be a less expensive alternative.

Additionally, online therapy can be conducted from the comfort of your home over video chat, text or phone call. This makes it convenient and easy to fit a therapy session into your schedule.

Be Open to Group Therapy

The one-on-one attention of individual therapy can be extremely beneficial, particularly in the early stages of treatment. However, [group therapy is usually more affordable and can be effective](#) as well. Consider switching from individual to group therapy, or trying a few group sessions each month to lower your costs.

Seek Counseling from a College or University Clinic

Many colleges train their graduate psychology students by offering low-cost therapy to the community. While students lack the experience of a licensed counselor, they will be supervised by an instructor. If you live near an educational institution, it's worth looking into this option. You'll be lowering your out-of-pocket costs and helping students gain valuable experience.

Ask Your Doctor or Psychiatrist if Pill Splitting is Right for You

Normally, ordering a higher dose of a drug doesn't cost much more than ordering a lower dose in the same quantity. So if your doctor writes a prescription for a higher dose and instructs you to split the pills and take one half each day, you could get double the number of doses for almost the same price.

Not all pills are able to be split. Still, it's worth asking your doctor or psychiatrist to see if you could save money this way.

Compare Prices at Different Pharmacies

Prices can differ considerably between pharmacies. A [Consumer Reports investigation](#) found that pricing for the same combination of drugs varied widely across pharmacies, ranging from \$66 to almost \$900.

It pays to comparison shop for your prescriptions. Calling every pharmacy to check the price is time-consuming, however, there are tools available to help automate the process. Search "drug price comparison" online, and you'll find many different options. Simply type in the name of your drug and your zip code to find prices in your area.

Get a Prescription Discount Card

Prescription discount cards can help you save on your medications. Many of them are free and offer significant discounts on out-of-pocket drug costs. Keep in mind that these cards can't be used in addition to your insurance. Still, it's worth checking the discounted card price against your insurance copay to make sure you're getting the best price. For those who are uninsured, a discount card can be an effective way to reduce drug expenses.

Ask Your Doctor or Psychiatrist for Samples

Drug manufacturers often provide samples of their medication to doctors and psychiatrists. When your health care provider prescribes a new drug, ask for samples. This allows you to try out the medication before committing to a full supply. That way, if you experience side effects or find the drug doesn't effectively treat your symptoms, you can easily switch to a different medication without wasting money.

These strategies can be helpful in getting your treatment expenses under control. Above all, don't skip treatment altogether. Doing so will cost you more in the long-run. Besides that, your mental health is worth so much more than money.



Columbus

P.O. Box 8581
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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 .