

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 Trainings.....	2
Support Group Meetings.....	3
NAMIWalks Your Way.....	3
Suicide Prevention Month	4
Mental Illness Awareness Week.....	5



NAMI Columbus

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

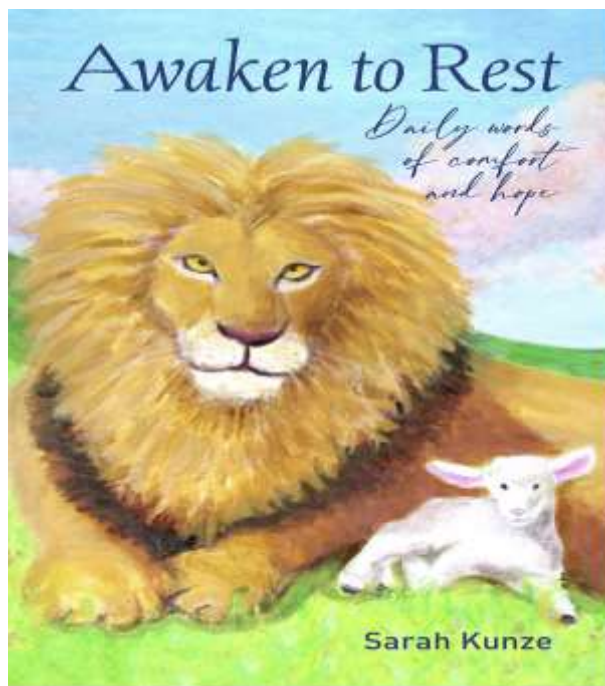
1-888-945-1414 (toll-free)

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

Book Published by NAMI Columbus Facilitator



Sarah Kunze, NAMI Connection Support Group facilitator, has recently published her first book! The title is "Awaken to Rest, Daily Words of Comfort and Hope" and it is a devotional offering readers hope and comfort. The book is now available on Amazon.

For more information, please visit:

<https://www.awakentorest.net/?fbclid=IwAR0VoHqLbu5GW3LvYKuWy5iTeLOPXleudUc2b91NsC-7BAa5XPduWVmYG4>

Congratulations, Sarah!!!

Upcoming Trainings

September 2021

Sept 18-19 – NAMI Peer to Peer Mentor Training

(Candidates must complete an online training session before attending an in-person training)

[Peer to Peer Mentor Application](#)

Sept 18-19 – NAMI Family to Family Teacher Training

[Family to Family Teacher Application](#)

October 2021

Oct 8-9 – NAMI Georgia Annual State Conference - Virtual

<https://www.eventbrite.com/e/nami-georgia-annual-state-conference-tickets-161899490735>

Oct 16-17 – NAMI Smarts for Advocacy Teacher Training

[NAMI Smarts Teacher Application](#)

November 2021

Nov 6 – NAMI In Our Own Voice Presenter Training

(Candidates must complete an online training session before attending an in-person training)

[In Our Own Voice Presenter Application](#)

Nov 6 – NAMI Ending the Silence Presenter Training

(Candidates must complete an online training session before attending an in-person training)

[NAMI Ending the Silence Presenter Application](#)

Trainings are delivered online through the Zoom platform

Please note that all applicants must meet the following requirements:

1. Applicants must be current NAMI members.
2. Applicants must be actively involved in their local NAMI Georgia affiliate.
3. Applicants must be endorsed and approved by a NAMI Georgia Affiliate Board leader. A letter of recommendation from a NAMI affiliate leader must accompany your application.



Family-to-Family Starts Sept 28th

Family-to-Family is a free 8-session educational program for family, significant others, and friends of people living with mental illness. The group setting allows you to connect with others and build a community of support. NAMI Family-to-Family covers:

- How to manage crises, solve problems and communicate effectively
- Taking care of yourself and managing your stress
- Developing the confidence and stamina to provide support with compassion
- Finding and using local support and services
- Up-to-date information on mental health conditions and how they affect the brain
- Current treatments, including evidence-based therapies, medications and side effects
- The impact of mental illness on the entire family

The next NAMI Family-to-Family Class starts Tues, September 28th. The class will meet every Tuesday from 7pm-9:30pm via Zoom. It is being hosted by NAMI Dekalb, but open to all chapters. If interested, contact Tawana Farley at farleytawana@yahoo.com.



NAMI Connection Recovery Support Group In-Person Meetings

Beginning September 16th at Pierce Chapel United Methodist Church – 6pm
5122 Pierce Chapel Road
Midland, GA 31820

Contact Teresa O'Donnell at 706-289-7703 or email tblankenbeker@gmail.com for info.

The church asks that participants **wear masks** and practice social distancing, so we are going to be meeting in a double-size room from now on: Room 215/216.

* NAMI Connection will still meet virtually on Saturdays at 1pm.

NAMI Columbus **Family Support Group** will continue to meet virtually on Monday evenings from 6:00 PM to 7:30 PM via Zoom. We're happy to be able to continue to offer facilitated support meetings for family members and friends of an individual with a mental health issue.

We hope you will join us for these Monday night FSG Zoom meetings. If you would like a meeting invitation to be sent to you, simply send your email address and cell phone number to:

Tawana Farley, farleytawana@yahoo.com.



The NAMI Walks Run/Walk is scheduled for October 9th, 2021 at Lakebottom Park.

Join the Chattahoochee Squad (in person or in spirit) for this great cause! To register or donate, please visit:
<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.team&teamID=43794>

September is Suicide Prevention Awareness Month. If you or someone you know is in an emergency, call [The National Suicide Prevention Lifeline](https://www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month) 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.

September is Suicide Prevention Awareness Month — a time to raise awareness on this stigmatized, and often taboo, topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

Throughout the month of September, NAMI will highlight “Together for Mental Health,” which encourages people to bring their voices together to advocate for better mental health care, including a crisis response system. NAMI wants any person experiencing suicidal thoughts or behaviors to have a number to call, a system to turn to, that would connect them to the treatment and support they need.

For more informational and support resources, please visit: <https://www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month>



NAMI Columbus was represented at the recent **CARS & Coffee Rally for Mental Health Awareness**. The event was hosted by Columbus native Chris Hubbard, offensive tackle for the NFL Cleveland Browns. All proceeds to support NAMI-Georgia, NAMI-Atlanta, and NAMI-Columbus.

2021 Mental Illness Awareness Week is October 3–9

To commemorate MIAW, NAMI Columbus will be donating books to the Chattahoochee Valley Library. The available books will be the following:

- I Am Not Sick, I Don't Need Help
- The Collected Schizophrenias
- Surviving Schizophrenia (6th Edition)
- Noah's Schizophrenia: A Mother's Search for Truth
- Modern Madness: An Owner's Manual
- Madness: A Bipolar Life
- The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder
- Stop Walking on Eggshells
- Back, After the Break
- Negative Self-Talk and How to Change It
- Be Calm: Proven Techniques to Stop Anxiety Now
- The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time
- No Time to Say Goodbye: Surviving the Suicide of a Loved One
- A Common Struggle: A Personal Journey Through the Past and Future of Mental Illness and Addiction
- American Psychosis: How the Federal Government Destroyed the Mental Illness Treatment System
- Insane: America's Criminal Treatment of Mental Illness
- Science over Stigma: Education and advocacy for Mental Health
- A Beautiful Mind
- Loving Someone with Bipolar Disorder



Join us for a morning of fun-filled activities. 1100 Bay Avenue Columbus Riverwalk

First 100 receive FREE T-shirt, Chick-Fil-A Gift Card and McDonald's Gift Card.

RECOVERY ON THE RIVER
September 11, 2021

RECOVERY IS FOR EVERYONE!
EVERY PERSON! EVERY FAMILY! EVERY COMMUNITY!

NATIONAL RECOVERY MONTH 2021

Registration Table Opens at 10 AM
7 Mile Fun Walk through Broadway Market Days 10:30-11AM
Speakers, Music, Door Prizes, Snacks & Bottled Water from 11 - Noon
Free Parking in Front Avenue Garage Across the Street from Venue.
THANK YOU TO OUR SPONSORS & VOLUNTEERS!

Donations benefit Recovery Programs at New Horizons Behavioral Health.
Building Better Lives through Recovery and Resiliency.
Visit www.nhbh.org

Celebrating National Recovery Month September 2021

Prevention Works. Treatment is Effective. People Recover.

Recovery
on the
River
Sept 11, 2021
1100 Bay Ave.
Columbus River
Walk
10 am - Noon



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 .