



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
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 (706) 320-3755 (leave a message)
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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

Happy New Year!

Tiny Mental Health Habits for 2022

(Excerpt From HUFFPOST)

Another year has come and gone, and wow was it a roller coaster! There is no way to determine how 2022 will go, and self-care won't erase these past few years, but it can definitely help us create healthier habits. Below are a few tips to try as you navigate this new year!

START A GRATITUDE JOURNAL:

Recording positive things about your day, whether major achievements or simple pleasures, can reduce stress, improve sleep and even foster better relationships by building a sense of empathy.

LEARN ABOUT BREATHING METHODS:

By changing your breathing pattern, you can trick your brain into suppressing your fight-or-flight sympathetic nervous system and increase your parasympathetic activity, or rest and digest. Not only will this make you feel calmer, but it will also help you digest your lunch better

SPEND TIME OUTDOORS:

Even when it's cold outside, spending time outdoors in nature breathing fresh air is good for the body and mind. Mindfulness in nature can boost your mood and even short walks are better than nothing, and a great break during a stressful work day. Leave your phone at home if you can, so you are more aware of your surroundings.

CREATE A STRONG BEDTIME ROUTINE:

Stress and anxiety are two of the most common reasons for poor sleep. Taking time to unwind — preferably without your phone for at least 30 minutes before bed — can help you get a good night's rest, which in turn improves mood. Read a good book, drink a mug of tea or eat a satisfying dessert, chat with a loved one or do any activity that calms your mind.

For More Tips, Visit 22 TIPS

Upcoming Trainings

January 2022

January 22 NAMI Ending The Silence Training
[Ending The Silence Application](#)

January 23 NAMI Sharing Your Story with Law Enforcement Training
[SYSLE Details](#)

February 2022

February 5-6 NAMI Peer to Peer Training
[Peer to Peer Application](#)

February 19-20 NAMI Provider Training
[NAMI Provider 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.

NAMI Connections Support Group

Meets on Saturdays at 1pm.

Contact **Vanessa Vivas** at Vanessa.m.vivas@gmail.com for the Zoom Link

NAMI Columbus Family Support Group

Meets on Mondays 6:00 PM to 7:30 PM via Zoom.

Contact **Tawana Farley** at farleytawana@yahoo.com for the Zoom Link

NAMI SMARTS Advocacy Program

This program features a hands-on advocacy training program that helps people living with mental illness, friends and family transform their passion and lived experience into skillful grassroots advocacy.

Contact **Charlene Logan** at Charlene.logan@ymail.com for more information in this area.

NAMI Family-to-Family Class

NAMI Columbus is hosting a Family to Family class starting January 13th. NAMI Family-to-Family is a free, eight-session educational program for family members with loved ones living with mental health conditions looking to learn and better understand. The cut-off for registration is January 27th.

Contact **Tawana Farley** at farleytawana@yahoo.com to Register.



SAVE THE DATE

Mental Health Day at the Capitol is set for January 26th, 2022 at 10am virtually. This is in partnership with the Behavioral Health Services Coalition.

NAMI Georgia urges legislators and leaders to commit to voting for mental health initiatives in the upcoming legislative session.

#Vote4MentalHealth

Register Here



NAMIcon 2022
Together for Mental Health

**Call for Proposals
is now open!**

We seek proposals that encourage mental health education and innovation and are informed by theory, research and practice.
Submit today!


National Alliance on Mental Illness



NAMI Statement On Surgeon General's Advisory On Protecting Youth Mental Health

This articles discusses the impact of Youth Mental Health due to the pandemic, and how to mitigate this ongoing crisis.

[Learn More Here](#)



Newsletter Editor Changes

Thanks to Teri Owens! Welcome to Tawana Farley!

The New Year brings some changes for our NAMI Columbus newsletter. We are sad to announce that Teri Owens, who has been our newsletter editor for 5 years, has resigned from this responsibility due to increasing job and family demands. We are extremely grateful for her willingness to have given of her time and many talents to make our newsletters interesting, helpful, professional, and appealing and have been blessed to have Teri as our dedicated and talented newsletter editor.

This year, we are blessed that Tawana Farley, who is willing & very capable, will continue our tradition of exceptional newsletters! We know that Tawana is technically savvy and excellent with presentation of material and making it attractive. She has already demonstrated her dedication to NAMI by joining our Leadership Team, sending the mass emails to our large email list, facilitating our Family Support Group meetings, and teaching Family to Family. What a talented, dedicated member she is, too.

Many thanks to both Teri and Tawana!!



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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 .