

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](http://namicolumbusga.org)  
E-mail: [info@namicolumbusga.org](mailto:info@namicolumbusga.org)

## Leadership Team:

Stephen Akinduro  
Tawana Farley  
Molly Jones  
Teresa O'Donnell  
Shelley Reed, Ph.D  
Phil Tirado  
Vanessa Vivas  
Dr. Dothel Edwards

**Advisor:** Doris Keene

**Newsletter Editor:** Tawana Farley

## 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

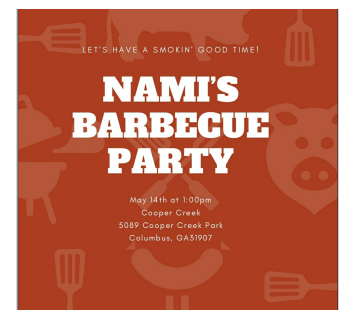
AmericanWork, Inc.  
706-641-9663

## NAMI Columbus BBQ

*Thank You For Making It A Success!*

On May 14th, 2022, NAMI Columbus returned with their Annual NAMI BBQ during Mental Health Awareness Month! This event has been on hold for the past two years due to COVID, so it was a joyous occasion to gather together again!

Thank you to our NAMI Columbus Board who helped plan and orchestrate this event. Be on the lookout for upcoming events planned!



# Upcoming Trainings/Classes

## June 2022

### June 4th NAMI In Our Own Voice Presenter Training

For more Info: Contact [programs@namiga.org](mailto:programs@namiga.org)

### June 5th NAMI Ending The Silence Presenter Training

For more Info: Contact [familyprograms@namiga.org](mailto:familyprograms@namiga.org)

### June 11th-12th NAMI Family-to-Family Presenter Training

For more Info: Contact [familyprograms@namiga.org](mailto:familyprograms@namiga.org)

### June 25th-26th NAMI Peer-to-Peer Teacher Training

For more Info: Contact [programs@namiga.org](mailto:programs@namiga.org)

### 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](mailto: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](mailto:farleytawana@yahoo.com) for the Zoom Link

### NAMI Education Interest

We want to hear from you! What education topics would you like to hear about for our once a month education presentations? Click the link below to give us feedback!

Click Here to: <https://forms.gle/FYRJxGAAjSizJfDH6>

## SAVE THE DATE



As one of the largest community gatherings of mental health advocates in the U.S., NAMICon provides an incredible opportunity to bring awareness, resources and solutions to a wider audience of people affected by mental health conditions — both nationally and globally.

The pandemic and global events of the past two years have had a profound effect on everyone's mental health — individuals, youth, families, communities of color and frontline professionals. It's more important than ever for us to join Together for Mental Health, a timely and appropriate theme for our 2022 convention.

[Register Here](#)



### Brain Scans Could be Key to Effective Treatment for Psychosis, Depression

The future of diagnosing and targeting treatments for serious mental health disorders may include MRI brain scans.

Researchers in the United Kingdom found that brain scans enabled them to identify which patients with major depression or psychosis were most likely to have poor outcomes.

That could help doctors decide who might need more intensive treatment from the outset and help them avoid trial-and-error in choosing medications.

[Read More Here](#)



## Columbus

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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](http://www.nami.org/join).