

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

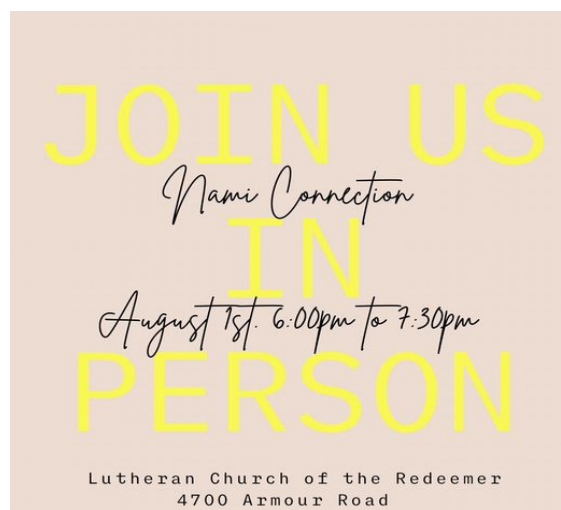
## NAMI Columbus

*NAMI Connections is Back In Person!*

We are so excited to be back in person with NAMI Connections starting August 1st, 2022 from 6:00pm-7:30pm est!

Please plan to join us at Lutheran Church of the Redeemer, located at **4700 Armour Road, Columbus, GA 31904**.

NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. Please direct any questions regarding the in-person meetings to Vanessa Vivas at [vanessa.m.vivas@gmail.com](mailto:vanessa.m.vivas@gmail.com).



# Upcoming Trainings/Classes

## July/August 2022

### July 31st NAMI In Our Own Voice Presenter Training

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

### August 6th-7th NAMI Family Support Group Training

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

### August 11th & 19th NAMI Ending The Silence Presenter Training

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

### August 19th-20th Family-to-Family Teacher Training

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

### August 19th-20th Share Your Story With Law Enforcement 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

### Mondays

*In-Person Meetings*

Time: 6:00pm-7:30pm

Location: Lutheran Church of the Redeemer,  
4700 Armour Road, Columbus, GA 31904

### Saturday

-

Zoom Meetings

Time: 1:00pm-2:30pm

Request Link to Join

Contact **Vanessa Vivas** at [Vanessa.m.vivas@gmail.com](mailto:Vanessa.m.vivas@gmail.com) for more info

## 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

## SAVE THE DATE

**You're Invited!**

**NAMI Georgia's 40th Anniversary  
& The Year of Mental Health**

*We want to  
CELEBRATE YOU !!*

**SATURDAY  
AUGUST 13TH  
2022  
5:30 PM**

**Attire:**  
Dressy Casual  
Dance, Dine, and enjoy  
the Silent Auction

**Georgia Freight  
Depot**  
65 M.L.K. Jr Dr SW,  
Atlanta, GA 30303

**Tickets : \$40**  
Click Here or Visit:  
[www.namiga.org/event/40th-anniversary-fundraiser](http://www.namiga.org/event/40th-anniversary-fundraiser)

Thank you to our Sponsors!

**DELTA** **Alkermes** **GPB** **NEUROCRINE** **CHRIS** **ALLIANT** **ALIVE**

Questions?  
Email [namiwalks@namiga.org](mailto:namiwalks@namiga.org)  
770.234.0855 ext. 303

Join NAMI Georgia's 40th Anniversary Fundraiser on August 13th as they celebrate making 2022 the Year of Mental Health!

Help mark the passing of the Mental Health Parity Bill and our push to make Georgia #1 in access to mental health care. NAMI GA has been hard at work to ensure that 2022 is one of the most powerful years for mental health in Georgia's history.

As we start to gather again, we are planning an evening of food, music, celebration and connection. Please email [namiwalks@namiga.org](mailto:namiwalks@namiga.org) if you are interested in sponsoring this event.

[Purchase Tickets Here](#)

Address for the Freight Depot: 33 Martin Luther King Jr Dr. Atlanta, Georgia.



## When and How to Use 988, Mental Health's New Emergency Hotline

People who call 988 will be connected to trained crisis counselors and local crisis care resources, which are distinct from 911, which dispatches paramedics, firefighters, and police to emergencies as needed, according to SAMHSA.

The intention behind 988 is that mental health crises will get an emergency mental health response, rather than a police or paramedic response, says Hannah Wesolowski, the chief advocacy officer at NAMI, who has been involved in helping develop and roll out 988.

Learn more on Who Should Call 988 below.

[Read More Here](#)



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