

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)  
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### Leadership Team:

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 Molly Jones  
 Teresa O'Donnell  
 Shelley Reed, Ph.D  
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**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

*3 Mental Health Tips for 2023  
 an excerpt from White River Manor*

### 1. Practice finding your inner calm

Inner calm, or inner peace, is a state of mind. It's about how you feel inside, regardless of what's happening around you – and it only takes a bit of practice.

There are plenty of ways to find more inner calm throughout your day and allow your mind to find moments of stillness and harmony, for example:

Meditation  
 Yoga  
 Breathwork  
 Spending time in nature  
 Being creative through art, music, or dance  
 Mindfulness

### 2. Start a gratitude journal

Research shows that gratitude journaling can reduce stress and improve mental and physical health. Consciously counting your blessings – for example, by writing 'three good things' that have happened each day – is shown to help people be more optimistic, increase self-esteem, sleep better, improve their relationships and ease depression.

### 3. Establish a healthy sleep routine

We all know our day is negatively affected if we haven't had a decent night's sleep – we feel tired, irritable, and can have difficulty concentrating. In the longer term, sleep deprivation can lead to more severe problems, with links established between poor sleep and anxiety, bipolar disorder, depression, reduced immune system function, and other disorders.



# Upcoming Trainings/Classes

**February 2023**

## **February 5th- Ending the Silence Train the Teacher**

For more info: Contact [specialprograms@namiga.org](mailto:specialprograms@namiga.org)

NAMI Ending the Silence Train the Teacher is a FREE, one-day virtual training via Zoom. What is Ending the Silence?

Ending the Silence (ETS) is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition. These presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Through dialogue, we can help grow the movement to end stigma.

## **February 25th-26th: NAMI Connections Train the Teacher**

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



## MH Day At The Capitol

The state of Georgia ranks last in access to mental healthcare, and while the stigma around mental health may be lifting somewhat, it is often difficult for people to find therapists. NAMI's work last year enabled the Mental Health parity bill to pass. This new law means for the first time in Georgia - all health insurance plans must cover mental health conditions on par with physical ones, so patients can no longer be denied medically necessary treatment. This was a huge accomplishment!

Join NAMI GA as they continue the fight and advocate for Mental Health Policy Initiatives.

Register Here:

[https://www.eventbrite.com/e/mental-health-day-at-the-capitol-tickets-489718781057?fbclid=IwAR08fNOHiPW\\_-i4noZ3RZ3kuuF1ip5-N3sp9S8Gxp92-rAqtlugX4NNJDag](https://www.eventbrite.com/e/mental-health-day-at-the-capitol-tickets-489718781057?fbclid=IwAR08fNOHiPW_-i4noZ3RZ3kuuF1ip5-N3sp9S8Gxp92-rAqtlugX4NNJDag)



## Local Resource Spotlight

Southern Charm Counseling Services LLC is a new counseling office that has opened in the Columbus area. They specialize in Anxiety, Depression, PTSD, and Trauma. Currently they offer individualized therapy and online services.

Visit their new location at:  
15 W 10th Street  
Columbus, GA 31901  
(706) 530-0026

Help us share and spotlight great local mental health services in our area. If there is a place or provider that you would recommend to others, please email our editor at [farleytawana@yahoo.com](mailto:farleytawana@yahoo.com) so they can be featured in our newsletter.



## 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).