



National Alliance on Mental Illness

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
 Columbus, GA 31908
 (706) 320-3755 (leave a message)
 Website: namicolumbusga.org
 E-mail: info@namicolumbusga.org



Leadership Team:

Stephen Akinduro
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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

NAMI = Needs Active Members Immediately!

Creating new words and phrases for familiar acronyms is always interesting. The one above certainly could be applied to our organization, couldn't it? We need new members and returning members and would love for you to join now.

Many of our former members have let their membership lapse without even knowing it. There are two ways to join. You can complete and send the form on the last page of our **NAMI-Columbus** newsletter that you receive via email along with your membership payment OR you can join on-line at www.nami.org/join.

Your active membership helps us work continuously towards our overall mission of support, education, advocacy, and recovery.

NAMI needs active members now and that includes you! We hope to see you soon as we work together to eradicate stigma and guide each other towards health and healing.

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 newsletter and access to immediate news on advocacy, treatment, and support issues from our national, state, and local organizations. All memberships include NAMI National, NAMI Georgia, and NAMI Columbus membership.

Membership Types:

- Individual Membership - \$40.00 dues (yearly)
- Household Membership - \$60.00 dues (yearly)
- Open Door Membership (financial hardship) - \$5.00 dues (yearly)

Please make checks payable to: NAMI Georgia and enter NAMI Columbus Membership in the memo field. Mail check and membership form (from last page of newsletter) to:

NAMI Columbus
 P.O. Box 8581
 Columbus, GA 31908

You can also join safely online at www.nami.org/join

Upcoming Trainings/Classes

October 10th, 2024 - F.A.C.T + Recertification (For those who are already trained and need to recertify.)

October 19th and 20th, 2024 - Family Support Group Facilitator Training

November 2nd, 2024 - Ending the Silence Presenter Training

November 6th, 2024 - Sharing your Story with Law Enforcement Presenter Training

November 16th, 2024 - In Our Own Voice Presenter Training

December 7th and 8th - Connection Support Group Facilitator Training

To apply for training opportunities visit
<https://namiga.org/teacher-facilitator-training/teacherfacilitator-training-applications/>
or contact programsteam@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: Columbus Public Library

3000 Macon Road – Columbus, GA

Saturday

Zoom Meetings

Time: 1:00pm-2:30pm

Request Link to Join

Contact **Vanessa Vivas** at 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 **Charlene Logan** at community@ptpeg.org for the Zoom Link

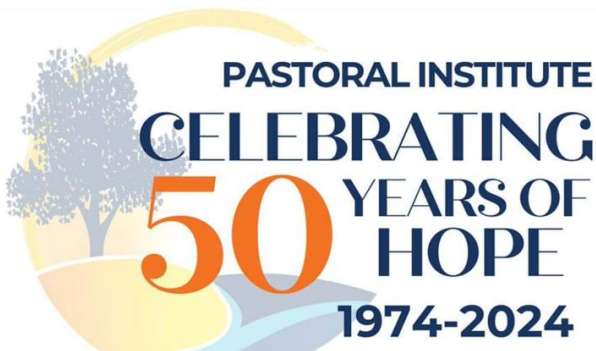
Saturday, October 5th, 2024 ~ 9am-12pm ET ~
Assembly Park 2582 Assembly Blvd Doraville, GA



Join the thousands of concerned citizens across the nation and walk together to raise money and awareness to ensure vital, free NAMI programs and services are available to provide health to those in need.

To become a part of the NAMI Columbus "Chattahoots" team or donate towards fundraising efforts, contact Vanessa Vivas at vanessa.m.vivas@gmail.com.

Local Resource Spotlight



The Pastoral Institute is a well-established organization celebrating 50 years of service to the community. The institute offers individualized therapy, couples therapy, telehealth sessions and Adult Grief group sessions.

Visit their location at:
2022 15th Ave
Columbus, GA 31901
706-649-6500



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.

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