



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.

Inside This Issue

- Upcoming Trainings2
- NAMI Classes/Support Groups.....2
- Spring Picnic3
- Local Resource Spotlight3
- NAMI Membership 4

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
 Darlene Akom
 Molly Jones
 Shelley Reed, Ph.D
 Phil Tirado
 Vanessa Vivas
 Dr. Dothel Edwards

Advisor: Vacant

Newsletter Editor: Darlene Akom

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

Ways to instantly boost your mood
an excerpt from To Save a Life

Having an off day happens to the best of us. It can be easy to find yourself stuck in the blues and have a hard time digging your way out to the light again—especially if you’re facing the battle of depression, anxiety, or any other ongoing emotional crisis. Here is a list of a few things that can readjust your mood, many of which have been scientifically proven to make a difference!

1. Take a shower.
2. Sing your favorite song out loud.
3. Take a walk around the block.
4. Create a playlist of your favorite songs and blast it.
5. Get some sunshine.
6. Exercise or go for a run.
7. Journal 10 things you’re grateful for.
8. Feed your faith.
9. Call someone you love and break out of isolation.
10. Have a cup of coffee.
11. Practice a random act of kindness.
12. Take a power nap.
13. Revisit old hobbies and passions.
14. Buy some flowers for your room.
15. Listen to soothing sounds in the background.
16. Color in an adult coloring book.
17. Try a new great smoothie.
18. Make a list of short- and long-term goals.
19. Stand up, stretch and do a slow breathing exercise.
20. Decide not to complain about a single thing for the rest of the day.

This is just a short list of things to do, if you are interested in a more extensive list, visit <https://tosavealife.com/mental-health/ultimate-list-100-ways-instantly-boost-mood/>



Upcoming Trainings/Classes

April – May 2024

For more info: Contact specialprograms@namiga.org

April 20th and 21st: Peer to Peer Teacher Training

Apply at <https://namiga.org/peertopeer-2/>

May 18th: Sharing your Story with Law Enforcement (SYSLE) Presenter Training

Apply at <https://namiga.org/sysle-application/>

May 18th and 19th: Family to Family Teacher Training

Apply at <https://namiga.org/f2fttapp/>

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 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

NAMI COLUMBUS
CELEBRATING MENTAL HEALTH AWARENESS
SPRING PICNIC
SATURDAY **18** MAY
1:00PM - 3:00PM
LOCATION: COOPER CREEK PARK
PAVILION #6
Enjoy delicious food, fun activities and
quality time in the great outdoors.
All Food provided by NAMI Columbus
Please RSVP by 04/30/24
[CLICK HERE TO RSVP](#)



NAMI Columbus Spring Picnic

Join us for a day full of fun activities and quality fellowship.

On Saturday, 18 May 2024 from 1:00 to 3:00pm at Cooper Creek Park Pavilion 6.

Please click on the below link to RSVP:

<https://docs.google.com/forms/d/e/1FAIpQLSdG3hKnrGOld7Fa3fspayzYSlxDukpmW0GZ5jo1mOJaZn3Tew/viewform>

Family Fun Day



A special thank you to our NAMI Columbus Georgia leaders Phil Tirado and Stephen Akinduro for representing the affiliate during the Family Fun and Resource Day at Frank D. Chester Recreation Center on March 16th, 2024.



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.