



NAMI
National Alliance on Mental Illness

Chattanooga

April, 2018

Volume 1, Number 4

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- **NAMI MENTAL HEALTH ANNOUNCEMENTS**

namichattanooga.org

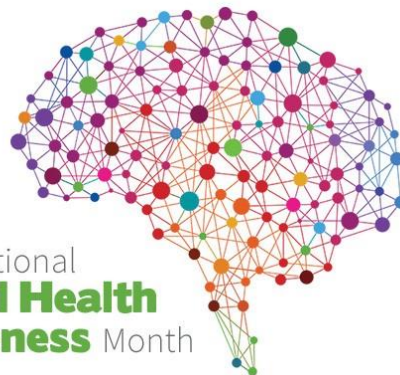
SUPPORT GROUP MEETINGS FOR CAREGIVERS

Tuesday
April 3, 2018
Wally's Restaurant
East Ridge Tennessee
11:30am – 1:00pm

Tuesday
April 17, 2018
Johnson Mental Health
Facility
420 Bell Avenue
"North Chattanooga"
6:30pm – 8:00pm

Local Contact Information
Namichattanooga@gmail.com
(423) 521-2590

Remember



May is National
**Mental Health
Awareness** Month

You wouldn't be ashamed to tell your friends you have the flu...

so why do we stay quiet about mental health?

1 in 5 Americans lives with a mental health condition, making it more common than diabetes, asthma, arthritis, and the flu. Yet, we feel more comfortable talking about those subjects. *Why?*



**May is Mental Health Awareness Month.
Let's work together to Break The Stigma.**

Inspired • Informed • Involved

If you or someone you know needs immediate mental health assistance,

 **NAMI** Chattanooga
National Alliance on Mental Illness

ANNOUNCEMENTS

Help raise money for NAMI TN by searching the internet at www.goodsearch.com, then shop online at smile.amazon.com and choose NAMI Tennessee as your donation recipient each time you shop!

Embracing Hope for Mental Health *May 1, 2018*

This exciting event will serve as the kick-off to May being proclaimed Mental Awareness Month by Hamilton County Mayor Jim Coppinger and Chattanooga City Mayor Andy Berke.

The showing of the *Be Vocal Documentary: Beyond Silence* followed by a panel discussion will generate awareness as well as provide wellness insight and hope for everyone in attendance.

Additional details available. Call NAMI Chattanooga. (Phone number on 1st page of newsletter)



 **NAMI Tennessee**
National Alliance on Mental Illness

VISION OF *Hope*
OF
AWARD GALA

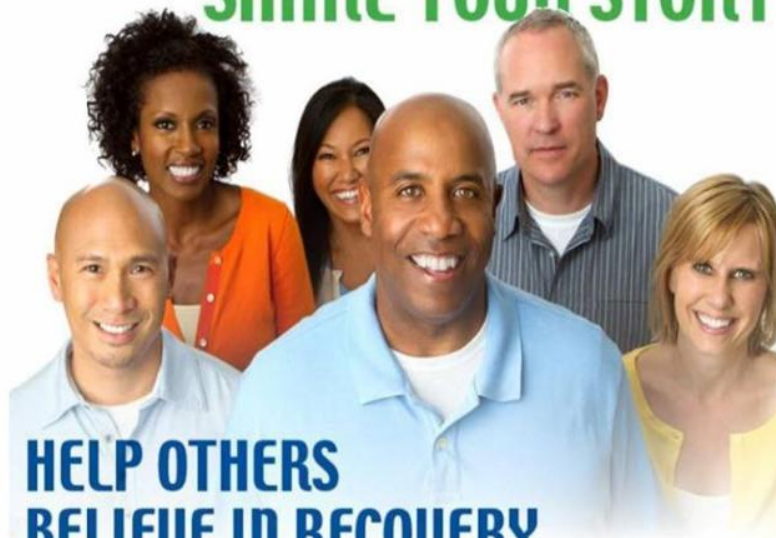
Honoring two amazing award recipients!

 Naomi Judd

 Clark Flatt

TUESDAY, MAY 8, 2018
Hillwood Country Club, Nashville
Cocktails | 6:00 PM Dinner | 7:00 PM

SHARE YOUR STORY



**HELP OTHERS
BELIEVE IN RECOVERY
MAKE AN IMPACT**



TELL YOUR STORY

NAMI In Our Own Voice adds a critical perspective to the popular misunderstanding of what people with a mental health condition are like. The program is a critical tool in busting the stigma of mental illness.

- Training for the program requires your writing your story
- A concise story consists of four parts; a personal introduction, What happened, What helped or helps, What's next
- Your story helps you gain self confidence, and helps others realize that one can have a mental health condition, yet live a whole and productive life. It provides strength, hope and information.

Program leaders present their own stories, providing the opportunity for those in attendance to ask questions, to understand and to learn.

Are you in recovery from a mental health condition and willing to share your story to help yourself and others?

NAMI TN is looking for persons in recovery to train to present their story. For information, please contact: Bonnie Hyler, IOOV Program Coordinator @ (615) 361-6608, ext. 311; bhyler@namitn.org

MEMBERSHIP FORM

Support Mental Health

NAMI Chattanooga

Name: _____

Address:

Home Phone:

--

Cell Phone: _____

Email:

May we share your information with other NAMI members: yes _____ no _____

Do you have any information or questions you would like to share or have someone call you about?

yes _____
no _____

MEMBERSHIP COSTS

Household: \$60.00 per household
Individual: \$40.00 per individual
Open door: \$5.00

Please make checks payable to:

NAMI Chattanooga
P.O. Box 1015
Harrison, TN 37341

Thank you for your support of mental health!

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