

NEWSLETTER

FEBRUARY, 2017

SUPPORT GROUP MEETINGS FOR MENTAL HEALTH CAREGIVERS

February 7, 2017	Wally's (East Ridge)	11:30am to 1:00pm
February 21, 2017	Johnson Mental Health Center	6:30pm to 8:00pm
Our caregivers support group meetings are open to all and targeted with information for the caregiver to help assist them in caring for someone diagnosed with a mental health disorder.		

NAMI Chattanooga News/Announcements

- The Chattanooga Community Kitchen (CCK), Omni Community Health (OCH) and local community agencies are putting together an event for February 14th from 1-3pm highlighting total health/self-care resources. The idea is to promote self-care with a Valentine's theme of "Love Yourself: Find and Use Your Resources". CCK guests will be pampered, learn interventions they can use to promote total wellness, hear and sign up for local community resources, and receive a variety of fun and useful giveaways. In addition to community agencies, local media and celebrities will be there to show support for CCK and agencies that promote health. The public is welcome to attend.
- NAMI Chattanooga had the opportunity to present at a health forum held at Erlanger Health System which included information on mental health. Steve Daugherty, Sylvia Phillips, and Marshal Baker participated in sharing information about NAMI Chattanooga and mental health statistics.

Monthly Tip for Caregivers

Affirmation, not Argument

The quicker you learn that you cannot argue with rational statements, and that your consumer may be irrational at certain times, the better off you both will be. Your best approach is affirmation, not argument.

Affirm that you love them, affirm that you understand that what they are thinking and feeling is real to them and that is normal for them. But also let them know that is not how you feel or understand things and that you will work with them as best and reasonable as you can to help them deal with their situation. Assure them that you love them and want the best for them.

Submitted by Bill Honeycutt



ABOUT MENTAL ILLNESS

One in four experience mental illness in a given year. 1 in 17 people live with a serious mental illness. If we don't understand the facts about mental illness, we can't make informed decisions.

Mental illness affects a person's ability to work, socially interact, emotionally connect and care for themselves. Most of the individuals we help suffer from conditions caused by brain disorders that are very treatable.

Their lives may be far from ordinary, but actors, musicians, athletes, and writers experience emotional and mental health issues just like the rest of us. The number of celebrities who are talking about their own experience of mental health problems is a positive move away from people being embarrassed or frightened to discuss mental health.

Having someone who you look up to or aspire to be like sharing about their own experiences, helps break down the stigma associated with mental illness. All of these examples show that the rich and the famous are not exempt from experiencing mental health problems and it's something we don't have to be afraid to talk about.

Sources: [Huffington Post](#), [Young Minds](#)

- The list of drugs I've been prescribed would read like a grocery list," he explained of his mental health struggles. "One of the biggest things for me was being honest with everybody about it. And let them know, like, you know, there are gonna be times when we're gonna have to slow down so I can just make sure everything is intact. The second step was finding somebody that I could talk to, but that I was going to be honest with and that not necessarily that they had all the answers for me, but, like, that I could get it all out to them and then, like, together we could piece things together. I found that talk therapy with this guy has been the best thing that I've had."

Fall Out Boy musician Pete Wentz

- "I had no idea that I was even bipolar until I went into treatment," she revealed. "I was conquering the world, but then I would come crashing down, and I would be more depressed than ever. [After therapy,] for the first time in my life I started to feel. It was such a humbling experience to not just push your feelings aside and ignore them. I'm thankful now that I'm feeling, you know?"

Disney star Demi Lovato checked into rehab for "emotional and physical issues" including bulimia, cutting, and bipolar disorder.

- "Bipolar disorder is something I have been dealing with for a long time. I think with the year we had with my stepson, and then of course Michael's cancer, and all of a sudden all those things that happened to me, and my bipolar just came straight out. Depression, then manic trying to make everyone perfect, and I can never fix anybody, couldn't make anything perfect. We just had to go through, like so many people, a really rough 2 years."

Catherine Zeta-Jones, actress

- ***Others that were listed included Jim Carrey, actor/ Sheryl Crow/Halle Berry, actress/Ashley Judd, actress and others***

We cannot overstate that many are successfully living with a mental illness diagnosis. These ones recognize the need to get help and surround themselves with people that care.

***You are not alone...that's why there's NAMI
Chattanooga...We are here to help!***

Newsletter Editor
Marshal Baker
Bk4mars@bellsouth.net
"Please submit information you
would like to see printed"

