

## **Our Mission**

"to improve the quality of life for individuals with mental illness, their families and communities through mutual support, education and advocacy."

## **Governor Bill Lee Prioritizes Mental Health in Budget**



The Tennessean reports Governor Bill Lee's administration will focus on five areas: K-12 education, criminal justice, mental health, health care and rural economic development.

According to Gov. Lee, "Those will be areas of focus and the dollars will be focused in those areas as well." [Click here to read more](#)

## **Upcoming support group meetings**

### **Tuesday, February 5, 2019:**

11:30AM - 1:00PM

Wally's Restaurant on Ringgold Rd

### **Tuesday February 12, 2019:**

6:30PM - 8:00PM

at the Friendship House  
behind Hixson United Methodist  
Church

5301 Old Hixson Pike, Hixson

### **Tuesday, February 19, 2019:**

6:30-8:00PM



Joe Johnson Mental Health Center,  
420 Bell Ave, Chattanooga.

## **NAMI Walk- April 6th**



In an effort to prepare for the NAMI Walk on April 6th, volunteers have put together a series of Sundays to physically prepare for the walk.

Other great benefits are socializing and raising our endorphins levels, which is great for our mental health.

The series of walks will begin Sunday, February 3rd from 2 - 4 p.m., and will continue through Sunday, March 31st. **If you are interested in participating, please call or text April Frye at 423-364-2227.**

The first group will meet at Joe Johnson Mental Health Center this Sunday the 3rd. If the weather forecast calls for inclement weather, it will move indoors to Northgate Mall in Hixon.

NAMI Chattanooga will have a team for the 2019 NAMI Walk that will take place April 6, 2019 at World's Fair Park in Knoxville, TN.

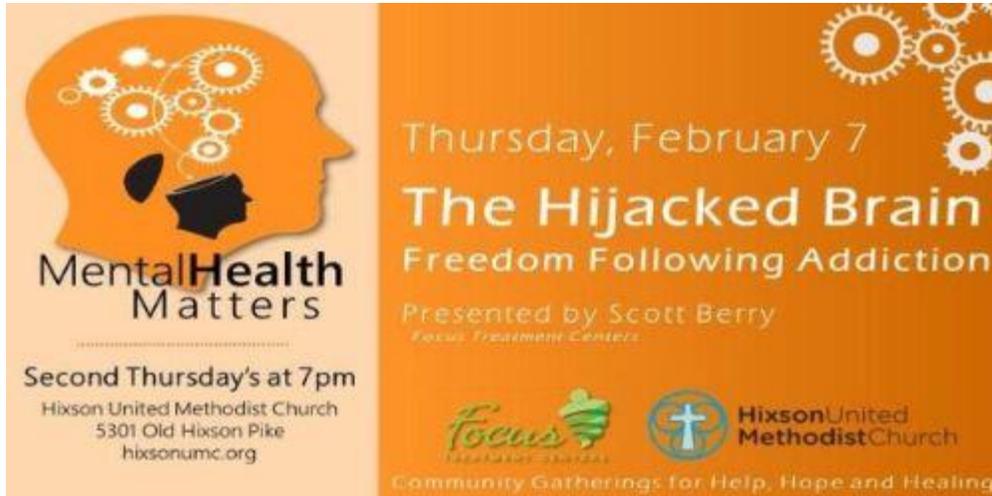
[Register for the walk or donate to it by clicking here](#)

## **Mental Health Matters at Hixon United Methodist Church**

We are so grateful to Hixon United Methodist Church for offering a "mental health matters" event every second Thursday of the month. These events feature speakers on different mental health related topics.

On Thursday February 7th at 7pm, the topic is "The Hijacked Brain: Freedom Following Addiction"

[Register by clicking here](#)



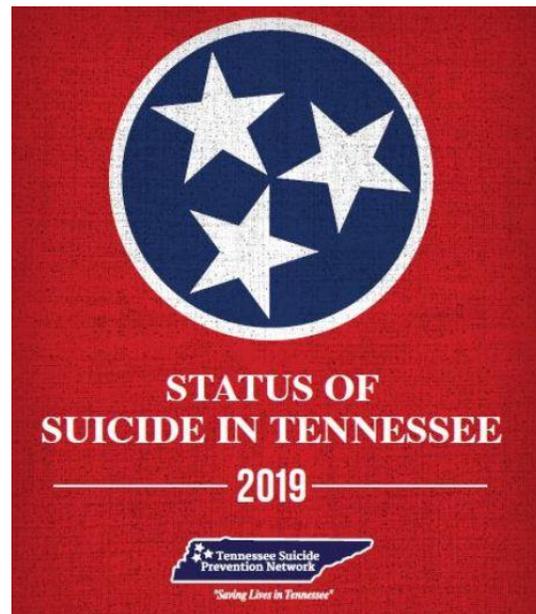
### **Read the 2019 State of Suicide in TN Report**

Each day we lose three Tennesseans to suicide, now the ninth leading cause of death in Tennessee. Suicide by children increased by 24.4 percent from 2016 to 2017; and more alarmingly, suicide by children increased by 54.5 percent from 2015 to 2017.

The Tennessee Department of Health's Office of Health Statistics reports there were 1,163 recorded suicide deaths in Tennessee in 2017, up from 1,110 the previous year.

The suicide rate jumped from 16.7 to 17.3 per 100,000. Suicide was the tenth leading cause of death in Tennessee during 2014 – 2016.

The "2019 Status of Suicide in Tennessee" report provides state legislators, mental health professionals, and the general public with information on the problem of suicide in our state



and what is being done to prevent it. The complete report is available on the TSPN website at <http://tspn.org/sost>.

## **Join NAMI Chattanooga**



**As a NAMI member, your voice counts.** Simply by joining, you make your concern felt and your voice heard in Chattanooga, Nashville and Washington when lawmakers debate issues related to mental illness.

Current members, please consider renewing your membership for the year.

Find the membership form here: <http://www.namichattanooga.org/join.htm> or join online at <https://www.nami.org/Get-Involved/Join-NAMI/>

NAMI Chattanooga has a Facebook page!

Follow us here:

<https://www.facebook.com/NAMI-Chattanooga-2128080547508888>

