

NAMI CHATTANOOGA
National Alliance on Mental Illness
namichattanooga.org

NEWSLETTER

JANUARY, 2018

2018

Please take care of your mental health in 2018

There are many resources available to assist in your recovery or the recovery of someone you love

“Yesterday
is not ours to recover
but Tomorrow
is ours to **win**”



SUPPORT GROUP MEETINGS FOR CAREGIVERS

There are two support group meetings per month
You can attend the one that is most convenient or both

Tuesday, January 2, 2018
Wally's Restaurant
East Ridge Tennessee
11:30am – 1:00pm

Tuesday, January 16, 2018
Johnson Mental Health Facility
420 Bell Avenue
“North Chattanooga”
6:30pm – 8:00pm

MENTAL HELP IS WITHIN REACH

REMINDER

Current contact information for NAMI
Chattanooga
namichattanooga@gmail.com
Contact Number: 423 521-2590

**NAMI Chattanooga Membership and Membership
Renewal Reminder**

*Please remember to support mental health and to renew your
membership to NAMI Chattanooga FOR 2018!*

A membership form is on the last page of this newsletter.

*If you have questions please call the NAMI Chattanooga contact
number, 423-521-2590.*

Your value doesn't
decrease based on
someone's inability to see
your worth



Mental Illness and the Family: Recognizing Warning Signs and How to Cope

Most people believe that mental disorders are rare and “happen to someone else.” In fact, mental disorders are common and widespread. An estimated 54 million Americans suffer from some form of mental disorder in a given year.

Most families *are not prepared to cope* with learning their loved one has a mental illness. It can be physically and emotionally trying, and can make us feel vulnerable to the opinions and judgments of others.

If you think you or someone you know may have a mental or emotional problem, it is important to remember there is hope and help.

What is mental illness?

A mental illness is a disease that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life’s ordinary demands and routines.

There are more than 200 classified forms of mental illness. Some of the more common disorders are:

- depression,
- bipolar disorder
- dementia
- schizophrenia
- anxiety disorders

Symptoms may include changes in mood, personality, personal habits and/or social withdrawal.

Mental health problems may be related to excessive stress due to a particular situation or series of events. As with cancer, diabetes and heart disease, mental illnesses are often physical as well as emotional and psychological. Mental illnesses may be caused by a reaction to environmental stresses, genetic factors, biochemical imbalances, or a combination of these.

With proper care and treatment many individuals learn to cope or recover from a mental illness or emotional disorder.

**There is hope...that’s why there is
NAMI CHATTANOOGA**

MEMBERSHIP FORM

Support Mental Health

NAMI Chattanooga

Name: _____

Address:

Home Phone:

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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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