

January 2019

Our Mission

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

"A bag full of rain: mental health care in Tennessee"

KnoxTN Today reports on the state of mental health care for the seriously mentally ill in Tennessee: <https://www.knoxntoday.com/a-bag-full-of-rain-mental-health-care-in-tennessee>

Issues facing large numbers of these individuals across the state include homelessness and incarceration. In fact, Knox county jail in Knoxville is the largest mental institution in East Tennessee.

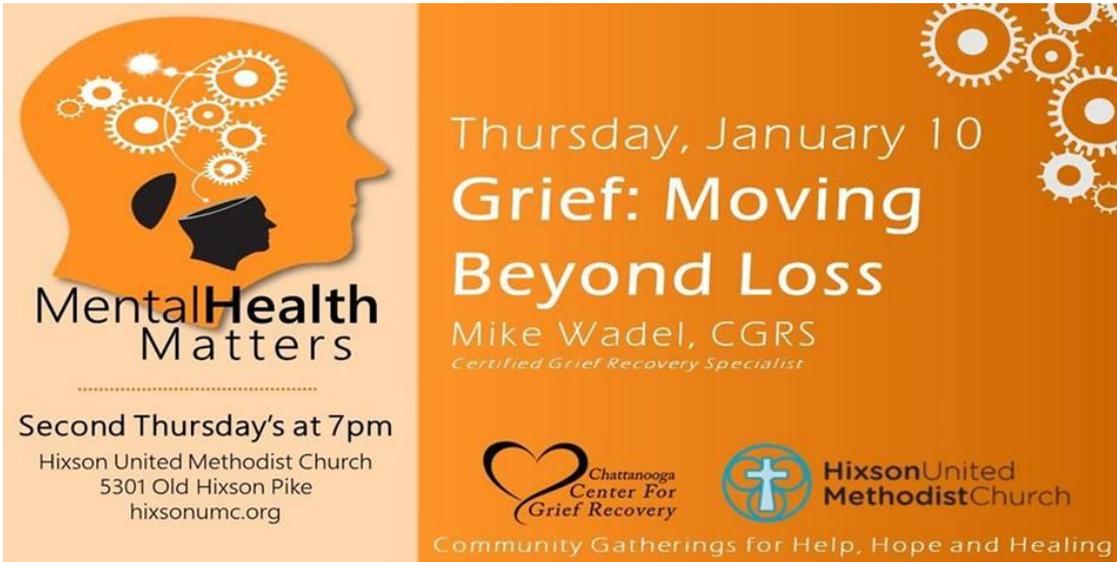
"We know what treatments work for mental health care. It is impossible to treat someone for 72 hours and then discharge them to their homes/jails/prisons/streets with medications and a complicated system to navigate in order to receive care."

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. These events feature speakers on different mental health related topics.

This Thursday, January 10 at 7pm, the topic is "Grief: Moving Beyond Loss."

[Register by clicking here](#)



The poster features a silhouette of a head with gears inside, symbolizing mental health. The text is set against an orange background with gear icons in the top right corner. It includes the date, speaker name and title, and logos for the Chattanooga Center For Grief Recovery and Hixson United Methodist Church.

Mental Health Matters

Thursday, January 10
Grief: Moving Beyond Loss
Mike Wadel, CGRS
Certified Grief Recovery Specialist

Second Thursday's at 7pm
Hixson United Methodist Church
5301 Old Hixson Pike
hixsonumc.org

 **Chattanooga Center For Grief Recovery**

 **Hixson United Methodist Church**

Community Gatherings for Help, Hope and Healing

Upcoming support group meetings

Tuesday, January 15

6:30-8:00PM

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

Tuesday, February 5

11:30AM-1:00PM

Wally's Restaurant on Ringgold Rd



NAMI Tennessee Day on the Hill in Nashville

Travel to Nashville for a "Day on the Hill" advocating to legislators in order to improve mental health care in our state.

Wednesday, February 20, 2019

7:30 to 1pm

7:30-9:30am: Legislative breakfast



Chattanooga

10am-1pm: Legislative advocacy training & lunch followed by meetings with legislators

We will be advocating to improve mental health policies, and urging lawmakers about the importance of supporting Tennessee communities by investing in mental health.

Please join us on the **8th Floor of the Cordell Hull Building**. The agenda includes activities that will be of interest to NAMI members and mental health advocates, including advocacy training, presentations from policymakers, and opportunities to interact with legislators.

[Click here to register](#)

NAMI TENNESSEE
DAY ON THE HILL
#Act4MentalHealth

Wednesday, February 20th | 10 AM
Cordell Hull Building, 8th Floor

The banner features a dark blue background with a purple diagonal stripe on the left side. The stripe contains white silhouettes of people celebrating, holding flags and banners, and a building dome. The text is in white and purple, with the event title in bold.

Save the Date: NAMI Walk April 6th





Chattanooga

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](#)



NAMI Chattanooga now has a Facebook page!

Follow us here:

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

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/>