

## NEWSLETTER

**July, 2016**

### **SUPPORT GROUP MEETINGS FOR MENTAL HEALTH CAREGIVERS**

July 5, 2016	Wally's (East Ridge)	11:30am to 1:00pm
July 19, 2016	Johnson Mental Health Center	6:30pm to 8:30pm

*We would like to thank everyone for supporting the NAMI Chattanooga support groups. We hope that you have found our meetings to be a safe place to share and you leave with a*

*bit more "sunshine" in your lives!* 

## Mental Health Conditions

A mental illness is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis.

Recovery, including meaningful roles in social life, school and work, is possible, especially when you start treatment early and play a strong role in your own recovery process.

A mental health condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment and lifestyle influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events like being the victim of a crime. Biochemical processes and circuits and basic brain structure may play a role, too.

## *Recovery and Wellness*

One in 5 adults experiences a mental health condition every year. One in 17 lives with a serious mental illness such as schizophrenia or bipolar disorder. In addition to a person's directly experiencing a mental illness, family, friends and communities are also affected.

Half of mental health conditions begin by age 14, and 75% of mental health conditions develop by age 24. The normal personality and behavior changes of adolescence may mimic or mask symptoms of a mental health condition. Early engagement and support are crucial to improving outcomes and increasing the promise of recovery.

*Article reprinted from "National Alliance on Mental Illness"*

# *Sometimes All You Need Is A Bit Of Air*

By Laura Greenstein | Apr. 06, 2016 / Reprinted from National Alliance on Mental Illness



It's easy to feel down or to become disconnected when going through a challenging time, especially when you feel like your challenges with mental health are unrelatable to others around you, or if you are a family member or caregiver struggling to find support for someone who is challenged with a mental health condition(s).

Connecting with others who share similar mental health experiences or others that acknowledge the complex task of supporting someone undergoing mental health struggles can make a huge difference. Modern technology and NAMI have made this easy with our free mobile app: NAMI *AIR*

The app is designed to support individuals living with a mental health condition(s) and caregivers/family members who wish to connect with and inspire others by sharing their mental health experiences. After downloading the app, you can choose either individual or caregiver/family member and NAMI *AIR* will optimize your experience based on your selection by offering content most appropriate for you. NAMI *AIR* also makes it easy to express your feelings about a particular story through reactions. When you feel a connection, you can either “like,” “hug,” or “me too” to show your support.

NAMI *AIR* stands for *Anonymous, Inspiring and Reliable*— these essentials make support for mental health through online interactions, in NAMI *AIR*, successful. You can engage safely with the mental health community without having to worry about discrimination or stigma.

If you are someone experiencing mental health symptoms or someone experiencing challenges with mental health and feel that you need additional support beyond NAMI *AIR*, the app provides access to the [NAMI HelpLine](#) from within the app for assistance in finding resources.

***For newsletter comments or suggestions please email  
Newsletter Editor: [bk4mars@bellsouth.net](mailto:bk4mars@bellsouth.net)***



National Alliance on Mental Illness

# NAMI | Chattanooga

## MEMBERSHIP FORM

*(Support Mental Health by becoming a member of NAMI Chattanooga)*

(Please print clearly)

Name: \_\_\_\_\_

First

Last

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 \_\_\_\_\_

*We are glad that you are choosing to join us!*

Membership: \$35.00 annually per person

Open door membership: \$3.00 per person

(The open door membership is exclusive to those with serious financial barriers in paying full cost).

Please make checks payable to:

**NAMI (Nami Chattanooga)**

Mail to:

Donna Elkins  
6758 River Stream Drive  
Harrison, TN 37341  
*(or call person below if you have questions)*

*NAMI Chattanooga Vice President: Marshal Baker, [Bk4mars@bellsouth.net](mailto:Bk4mars@bellsouth.net), (423) 653-7067*