

Our Mission

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

Need for housing for those battling mental illness continues to grow



News Channel 5 in Nashville reports on the growing need for housing for individuals with mental illness and the state's response to this problem.

According to the article: "In 2000, the TN Department of Mental Health and Substance Abuse launched the Creating Homes Initiative. The program has cashed in more than \$611 million through grants to create more than 20,000 new housing opportunities for those battling mental illness across the state."

[Read the full article by clicking here.](#)

Upcoming support group meetings

Tuesday, March 5th

11:30AM - 1:00PM

Wally's Restaurant on Ringgold Rd

Tuesday March 12th

6:30PM -8:00PM

Friendship House behind Hixson
United Methodist Church
5301 Old Hixson Pike, Hixson

Tuesday, March 19th 6:30-8:00PM

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



NAMI Walk- April 6th in Knoxville



NAMI Chattanooga members were represented at a Valentine's day NAMI Walk kickoff event in Knoxville.

NAMI Chattanooga will be participating in the 2019 NAMI Walk that will take place **April 6, 2019 at World's Fair Park in Knoxville, TN.**

The purpose of this walk is to increase mental health awareness and raise crucial funds for NAMI Tennessee affiliates.

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

NAMI Chattanooga volunteers have put together a series of Sundays to physically prepare for the walk.

The series of walks will continue through Sunday, March 31st. If you are interested in participating, please call or text April Frye at 423-364-2227.

Interested in NAMI's family education course?

Are you a family member or friend of someone living with mental illness?

If so, you may benefit from NAMI's Family to Family education course.



This course teaches you the skills and information needed to help you cope with mental illness and assist your loved one. Taught in a setting that emphasizes peer support, you will be surrounded by other families who can offer their experience and understanding.

If interested in registering for a future program, please e-mail namichattanooga@gmail.com for details.

Youth Mental Health First Aid Training March 28



Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people

in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

This course is offered at no cost through the Healthy Transitions Initiative, a program of Volunteer Behavioral Healthcare System.

[Click here to register](#)

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>

