



NAMI
National Alliance on Mental Illness

Chattanooga

MAY, 2018

Volume 1, Number 5

In This Issue

- **NAMI MENTAL HEALTH ANNOUNCEMENTS**

namichattanooga.org

SUPPORT GROUP MEETINGS FOR CAREGIVERS

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

Tuesday
May 15, 2018
Johnson Mental Health
Facility
420 Bell Avenue
"North Chattanooga"
6:30pm – 8:00pm

Local Contact Information
Namichattanooga@gmail.com
(423) 521-2590



IN CELEBRATION OF
MENTAL HEALTH AWARENESS MONTH



TUESDAY, MAY 1

AT THE CAMP HOUSE

149 EAST ML KING BLVD, CHATTANOOGA, TN

5:30PM – MIX AND MINGLE
HOR D'OEUVRES AND BEVERAGES

6:00PM – PROGRAM
BEYOND SILENCE DOCUMENTARY
SPEAKER JEFF FINK AND SERVICE DOG, EARL
PANEL DISCUSSION WITH Q&A

7:45PM – COFFEE AND CONVERSATION

ANNOUNCEMENTS

“Camp House Event-continued”

Beyond Silence Documentary

Meet Jeff, Lauren and Lloyd, three different people who share one common experience—their lives have been transformed by speaking up for mental health. The film provides a glimpse into their lives and their diagnoses—which include bipolar disorder, schizophrenia, depression and anxiety—ultimately weaving together a story about how speaking up is key to living well.

Meet Jeff Fink

When traditional treatments alone weren't providing relief for Jeff's severe and persistent anxiety and depression, he looked for a more holistic path. Jeff began training a golden retriever named Earl to be his mental health service dog, adding to his whole-person approach to wellness. Over time, Jeff realized the positive effect Earl had on himself and others and he launched Go Fetch Wellness, an organization dedicated to introducing others to how the human-animal bond can support their journey.

Panel Discussion

An informed conversation from people who have expertise, experience and are Embracing Hope for Mental Health. Hear inspirational stories, discover local resources and make powerful connections to help you and those you love in their journey toward mental wellness and healing.

Mental Health Month

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI and the rest of the country are raising awareness of mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

In 2018, NAMI will promote the theme of "**CureStigma**" throughout all awareness events, including Mental Health Month.

Why this cause is important: One in 5 Americans is affected by mental health conditions. Stigma is toxic to their mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. The perception of mental illness won't change unless we act to change it.

Campaign manifesto: There's a virus spreading across America. It harms the 1 in 5 Americans affected by mental health conditions. It shames them into silence. It prevents them from seeking help. And in some cases, it takes lives. What virus are we talking about? It's stigma. Stigma against people with mental health conditions. But there's good news. Stigma is 100% curable. Compassion, empathy and understanding are the antidote. Your voice can spread the cure. Join NAMI, the National Alliance on Mental Illness. Together we can #CureStigma.

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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