

Our Mission

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

May is Mental Health Month



During the month of May [NAMI](#) will launch the **WhyCare?** awareness campaign for Mental Health Month. The campaign emphasizes how the “power of caring” can make a life-changing impact on the more than 40 million people in the U.S. who face the day-to-day reality of having a mental health condition. The campaign is focused on increasing education, resources, and access to care.

Central to the campaign is encouraging others to learn the facts about mental illness. NAMI’s goal is to bring mental health education to all corners of our communities. With education, people can identify warning signs of mental health conditions and help someone who may be struggling.

The [WhyCare? campaign](#) features a webpage, sharable graphics and a downloadable emoji pack for smartphones— resources that can be used as a way to reach out to someone or to show your community that you care about those with mental illness.

For additional information about Mental Health Month and to access *WhyCare?* resources, please visit nami.org/WhyCare.

Upcoming support group meetings

**Tuesday, May 7- 11:30AM -
1:00PM**

Wally's Restaurant on Ringgold Rd

Tuesday, May 14- 6:30PM -8:00PM

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

Tuesday, May 21- 6:30-8:00PM

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



Embracing Hope for Mental Health- May 19th



SUNDAY, MAY 19

1:00-5:00PM

CHATTANOOGA CHOO CHOO
GARDENS

TICKETS: \$20 EARLY BIRD
\$25 ADVANCE \$30 AT THE DOOR

**A BENEFIT TO STRENGTHEN ACCESS TO MENTAL
HEALTH SERVICES IN SOUTHEAST TENNESSEE**

Since 2017, the Chattanooga Mental Health Awareness Committee has been committed to raising awareness, building connections, and reducing stigma for southeast Tennesseans dealing with behavioral health issues or substance use disorders.

In honor of National Mental Health Awareness Month, the committee proudly announces its second annual benefit, **Embracing Hope for Mental Health**, featuring an afternoon of

Blues, Bluegrass, & BBQ.

The event will be held on **May 19, 2019 at the Chattanooga Choo Choo, from 1 – 5 p.m.**, and showcase some of Chattanooga's top talent and restaurants, with performances and food being available throughout the day.

Proceeds from this year's benefit will go to NAMI Chattanooga, as well as The Mental Health Association of East Tennessee, DBSA Chattanooga Pendulums, and the Tennessee Suicide Prevention Network.

[Click here to learn more and register for the event.](#)

Helen Ross McNabb Center granted First Episode Psychosis funding in Hamilton County



The Helen Ross McNabb Center is pleased to announce a new clinical program, OnTrack Hamilton, which aims to improve outcomes for individuals experiencing an initial psychotic episode by providing better/quicker access to treatment, services geared toward treating the individual and family, and increasing awareness and early detection of psychotic disorders.

OnTrack Hamilton is one of four programs funded through the Tennessee Department of Mental Health & Substance Abuse Services First Episode Psychosis Initiative. The Helen Ross McNabb Center operates the Hamilton County and Knox County programs.

The period of time immediately following an individual's first psychotic episode is important for treatment, support, and education. Individuals receiving services through OnTrack Hamilton will receive evidence-based interventions, including psycho social skills training, trauma-informed clinical interventions, intensive case management and peer support.

For more information about OnTrack Hamilton, contact the Helen Ross McNabb Center at (423) 266-6751 or visit www.mcnabbcenter.org.

"Mental Illness 101: Anxiety Disorders" Webinar May 9th



On May 9, the U.S. Department of Health and Human Services, Office of Faith and Community Initiatives, will host *Anxiety Disorders: Signs, Symptoms and Strategies of Care*, the second in a webinar series directed to faith and community leaders.

Instructions on how to attend this webinar can be accessed by [clicking here](#).

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/>