

NAMI CHATTANOOGA
National Alliance on Mental Illness
namichattanooga.org

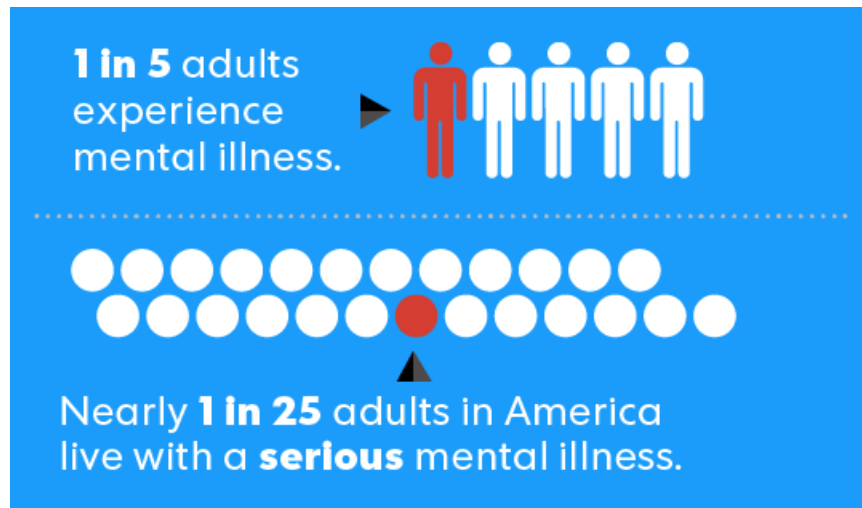
NEWSLETTER

NOVEMBER, 2017

SUPPORT GROUP MEETINGS FOR CAREGIVERS

Tuesday, November 7, 2017	Wally's Restaurant (East Ridge)	11:30am – 1:00pm
Tuesday, November 21, 2017	Johnson Mental Health Center 420 W. Bell Avenue (North Chattanooga)	6:30pm – 8:00pm

MENTAL HELP WITHIN REACH



9.8 million adults 18 or older thought about trying to kill themselves in 2015, according to [the Centers for Disease Control and Prevention \(CDC\) Data & Statistics Fatal Injury Report for 2015](#). Of those 2.7 million made suicide plans and 1.4 million made a nonfatal suicide attempt.

18.1% of U.S. adults have experienced an anxiety disorder in the past year, [according to the National Institute of Mental Health](#).

Suicide is the 10th leading cause of death in the U.S., [according to the CDC](#).

3.4% of adults experienced serious psychological distress during the past 30 days, [according to the CDC's National Health Interview Survey](#) for January–March 2016.

Mental affects people of all races.

**There is hope and with the proper medication and mental health support,
you can lead a happy and productive life.**

Please contact NAMI Chattanooga for assistance.

NAMI CHATTANOOGA ANNOUNCEMENTS, NOTICES AND REMINDERS

- A With Hope in Mind class was held starting on **October 17** at Christ United Methodist Church, 8645 East Brainerd Road, Chattanooga, TN 37421, 6:00 pm - 8:00 pm, Tuesdays and Thursdays. The class will end Nov. 9th.

The With Hope in Mind workshop program is a free, comprehensive series of **eight workshops (2 hour sessions each)** designed specifically for family members and friends of persons affected with mental illness, such as Bipolar Disorder, Depression, Schizophrenia, and co-occurring disorders such as substance abuse. If you are a parent, spouse, sibling, adult child or friend of someone who has a serious mental illness, these workshops are designed for you. Through With Hope in Mind, you will be offered information on symptoms, emotional support, tips for self-care, coping skills, problem management, and hope.

If you are interested in a future WHIM class please contact:

Sylvia Phillips at (423)364-4310 or email at phillips@epbf.com

- The NAMI Tennessee Leadership Meeting is scheduled for Saturday, November 4, 2017 in Knoxville, Tennessee. The topic of meeting is “Here We Grow Again”, focused on Growing your Affiliate.
- Sylvia Phillips, NAMI Chattanooga board member has been elected the NAMI Tennessee State President at our State annual meeting on Friday. Sylvia has held several offices and positions with NAMI Tennessee and NAMI Chattanooga. She has been tireless in her volunteer work for the mental health community. Sylvia has shown a passion beyond measure as a mental health advocate and supporter. We applaud her for her energy and enthusiasm! Congratulations!!!
- Donna Maddox is heading the Community Transformation Reentry Alliance (CTRA). This alliance was formed from the Re entry meeting held last year. We had trauma speakers, housing speakers, etc. The core team travelled to Washington D.C for training to set up an program/alliance in Chattanooga.
- The Tennessee Commission on Children and Youth conference was held October 31, 2017 at Christ United Methodist Church from 9am to 3pm and attended and supported by our Tennessee State President, Sylvia Phillips.
- **ALERT:** The new contact information for NAMI Chattanooga is:
 - namichattanooga@gmail.com
 - 423 521-2590
- TDMHSAS will contract with NAMI Tennessee to carry out the CIT expansion. NAMI will work with CIT consultant Major Sam Cochran who was coordinator of the Memphis Police CIT for 20 years. He now works as a nationwide consultant and trainer for CIT programs and chairs the CIT International Board.



SAVE THE DATE: Holiday Party, December 19, 2017, Wally's Restaurant, East Ridge, TN

MEMBERSHIP FORM

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

Name: _____

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!

PLEASE TAKE NOTE OF THE COSTS IN MEMBERSHIP

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!