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November 2018

Our Mission

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



NAMI Chattanooga 2019 Board of Directors

NAMI Chattanooga is pleased to announce the 2019 board of directors:

Officers:

President: Steve Daugherty
Vice President: John Coolidge
Treasurer: Donna Elkins
Secretary: Bill Honeycutt

Board Members:

Sylvia Phillips
Chuck Koory

Cheryl K. Williams
Steve Simonds

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Annual Meeting and Holiday Gathering- December 18th at 6:30 PM

Please join us for an annual meeting and holiday celebration the evening of December 18th, 2018 at Wally's Restaurant on Ringgold Rd. in East Ridge.

The event begins at 6:30 PM. All members are urged to attend.



Upcoming support group meetings



Tuesday November 6, 2018,

11:30AM - 1:00PM

at Wally's Restaurant on Ringgold Rd

Tuesday, November 20, 2018,

6:30-8:00PM

at Johnson Mental Health Center.

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.

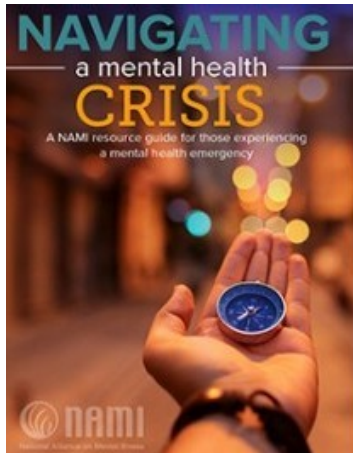
Find the membership form

here: <http://www.namichattanooga.org/join.htm> or



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Learn how to navigate a mental health crisis



Like any other health crisis, it's important to address a mental health emergency quickly and effectively.

Download NAMI's new crisis guide and share with others who may benefit from this information: [View the Crisis Guide](#)

This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and so much more.

[Visit Our Website](#)

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