

NAMI CHATTANOOGA
National Alliance on Mental Illness

NEWSLETTER

OCTOBER, 2017

Tuesday, October 3, 2017	Wally's Restaurant (East Ridge)	11:30am – 1:00pm
Tuesday, October 17, 2017	Johns on Mental Health	6:30pm – 8:00pm

What Is Mental Health?



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but [help is available](#). People with mental health problems can get better and many [recover](#) completely.

You are not alone....That's why there is NAMI Chattanooga

NAMI CHATTANOOGA ANNOUNCEMENTS AND NOTICES

- 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!!!
- NAMI Chattanooga's Vice President, Mrs. Marshal Baker received the 2017 NAMI Key Service Award at the 2017 NAMI TN Annual Conference.

Marshal's nomination for the service award describes her as an "inspiring" support group leader for her work in facilitating NAMI Chattanooga's evening With Hope in Mind Support group meetings. Marshal is currently the Vice President of her affiliate and often presides over board meetings. Marshal has presented NAMI family information during Hamilton County's CIT trainings. She led last year's Mental Illness Awareness Week public event hosting a panel who shared their journeys with mental health with their loved ones. Her quiet dedication is an inspiration.

- The Behavioral Health Awareness Coalition, along with the Helen Ross McNabb Center is holding their annual Community Day Event on Market Square on Friday, October 6th from 11:00am-2:00pm. As part of Mental Illness Awareness Week, this event is designed to promote awareness, reduce stigma and to provide information regarding mental health issues. This event is free to the public.
- Donna Maddox is heading the Community Transformation Reentry Alliance (CTRA). This alliance was formed from the Re entry meetings 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.
- **Please join us tomorrow, October 4, at NAMI Maryville's Open House.** This is an opportunity to learn more about available resources, support and education in your community.
- **Mental Illness Awareness Week Open House**
Mental Illness Awareness Week is Oct. 1-7, 2017. Established by National Alliance on Mental Illness (NAMI) in 1990, the first week of October each year is MIAW across the country, a time to fight the stigma of mental illness, provide support, educate the public, and advocate for equal care. Learn more about Mental Illness Awareness Week at www.nami.org/miaw.



One in four people has a **mental illness**.
You can be the **one** that helps.

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!