

If your address changes, please call (810)232-6498 and leave your name and correct mailing address.

NAMI Genesee County

Support Meetings Updates

We offer in person Support in Genesee and Saginaw counties.

If any public school in the county is closed because of bad weather, our support groups are cancelled that evening. Call ahead is not required.

Family support is for relatives and friends of people living with a mental health disorder.

Flint area Family Support second and fourth Tuesdays 7-9 p.m. at our office, 2346 Stonebridge Dr., Building H, Flint. (810)232-6498
Saginaw area Family Support second Mondays at 6:30 p.m. at the Comfort Inn Conference Room, 11911 Dixie Hwy, Birch Run 48415 (next to Meijers). Information: (989)780-0825 sue.smith3185@outlook.com

NAMI Connections is for people with a mental disorder. Flint meetings are second Tuesdays at 7 p.m. at our office, 2346 Stonebridge Dr., Building H, Flint. (810)232-6498 Saginaw area, 1 p.m. second and fourth Wednesdays at St. Thomas Aquinas Church, 5376 State St., Saginaw 48603 Information: Sue (989)780-0825 sue.3185@outlook.com

NAMI G.C. Board Meetings, 6:30 p.m. third Tuesdays in our office.

NAMI support groups, classes and most activities are free of charge. Attendees are asked to wear masks in the NAMI office. Reminder: Please do not discuss

anything heard in a meeting anywhere else.



Genesee County

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NAMI does not give medical or legal advice. Please consult your doctor, pharmacist or lawyer.

Free of Charge NAMI Classes

NAMI Family-to-Family classes for family members and friends of adults with mental disorders 8 week series will begin

Saturday March 19, 9:30 a.m.-noon. Registration is required. (810)232-6498. Sign up soon.

Peer-to-Peer classes are for persons living with mental illness. The series of 8 classes is to provide education about your illness and help you maintain your mental health. Call (810)232-6498 to be put on the list.

NAMI Basics OnDemand is a free, six-session online education program for parents, caregivers and other family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. Information and registration: www.basics.nami.org

NAMI Homefront classes are online for family and friends of veterans and active duty military with mental health issues www.research.net/r/HomefrontOnlineRegistration

NAMI Homefront Mental Health Resources for Military Service Members, Veterans and Their Families is a free online suite of resources designed to increase understanding, communication, wellness and advocacy skills. Available 24/7 by computer or mobile devices, the resource center includes much information for service members and families. www.homefrontresources.nami.org

New—NAMI Helpline Resource Directory

From nami.org on the left side of the home page click on NAMI Helpline, then on Resource Directory. www.NAMI.org/NAMI/-Media/Images/Factsheets/2021-Resource-Directory.pdf ##

GHS Behavioral Health Urgent Care Center, Free Help!

The center is located at 422 W. 4th Avenue, across the street from the GHS main building near Hurley Hospital. Hours are 8:30 a.m. –10:30 p.m. Monday through Friday, video chat 24 hours a day, 7 days a week. No cost. No referral or insurance needed. (810)496-5500 (877)-346-3648

MHAM Free Mental Health Screenings Online

The Mental Health Association of Michigan has a mental health screening tool on their website. www.mha-mi.com/ ##

MI Senate Bills 597 & 598 Still a Threat to Good Care

S.B. 597 & 598 would turn over the public mental health system in Michigan to for-profit Medicaid HMOs that do not know how to provide needed services. Call your legislator with your opinion. ##

NAMI COMMON BOND

The NAMI Common Bond is published monthly with exceptions by NAMI Genesee County. PO Box 1320, Flint, MI 48401-1320 Ph. 810-232-6498.

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MEMBERSHIP FORM

Annual Dues are shared between NAMI Genesee County, NAMI Michigan and NAMI. All membership are for one year and include all benefits including newsletters. Your dues support NAMI's mission. You may join at www.nami.org or namigenesee.org and pay dues on-line using a credit card or fill out and mail the form below with a check. Please make checks payable to NAMI Genesee County. Mail to P.O. Box 1320, Flint, MI 48501

Enclosed are my dues:

Individual \$40. _____

Low Income "Open Door" membership \$5 _____

Household membership \$60 _____

Donation \$ _____

(NAMI Genesee County is a 501c3, non-profit, tax exempt corporation. Dues and donations may be tax deductible as allowed by law.)

NAME (s) _____

ADDRESS _____

CITY, STATE, ZIP _____
Telephone _____

E-mail _____

Depression Symptoms Differ for Men and Women

Men and women both experience depression but their symptoms can be very different. Because men who are depressed may appear to be angry or aggressive instead of sad, their families, friends, and even their doctors may not always recognize the anger or aggression as depression symptoms. Many women seem sad or express sadness. In addition, men are less likely than women to recognize, talk about, and seek treatment for depression.

Depression affects the ability to feel, think, and handle daily activities. Everyone feels sad or irritable and has trouble sleeping once in a while. These feelings and troubles usually pass after a couple of days, but if they last more than two weeks, it may indicate depression. Different men have different symptoms, but some common depression symptoms include:

- Anger, irritability, or aggressiveness
- Feeling anxious, restless, or "on the edge"
- Loss of interest in work, family, or once-pleasurable activities
- Problems with sexual desire and performance
- Feeling sad, "empty," flat, or hopeless
- Not being able to concentrate or remember details
- Feeling very tired, not being able to sleep, or sleeping too much

- Overeating or not wanting to eat at all
- Thoughts of suicide or suicide attempts
- Physical aches or pains, headaches, cramps, or digestive problems
- Inability to meet the responsibilities of work, caring for family, or other important activities
- Engaging in high-risk activities
- A need for alcohol or drugs
- Withdrawing from family and friends or becoming isolated

Some men experience only a few symptoms while others may experience many. Sometimes mental health symptoms appear to be physical issues. For example, a racing heart, tightening chest, ongoing headaches, or digestive issues can be signs of a mental health problem. Many men are more likely to see their doctor about physical symptoms than emotional symptoms.

While women with depression are more likely to attempt suicide, men are more likely to die by suicide because they tend to use more lethal methods.

Depression can affect anyone at any age. With the right treatment, most people can get better and gain back their interest in work, family, and hobbies. Source: "Men and Depression" brochure www.nimh.nih.gov/health/publications/men-and-depression

Michigan Opioid Collaborative

University of Michigan provides consultations to physicians doing opioid treatment and telemedicine delivered interventions. It

supports patients and clinicians delivering medication-assisted treatment for opioid disorders. www.michiganopioidcollaborative.org

Medication Update

The FDA has warned that Buprenorphine causes tooth damage. Buprenorphine is a medication prescribed to treat people with opioid addiction. The benefits of buprenorphine medicines clearly outweigh the risks and are an important tool to treat addiction disorders.

Continue taking your buprenorphine medicine as prescribed; do not suddenly stop taking it without first talking to your health professional. Suddenly stopping these medicines could cause you to become sick with withdrawal symptoms because your body has become used to the buprenorphine medicine, or to relapse to opioid misuse that could result in overdose and death.

Patients using buprenorphine medicines dissolved in the mouth should take extra steps to help lessen the risk of serious dental problems. After the medicine is completely dissolved, take a large sip of water, swish it gently around your teeth and gums, and swallow. You should wait at least 1 hour before brushing your teeth to avoid damage to your teeth.

Inform your health professional if you have a history of tooth problems, including cavities. Schedule a dentist visit soon after starting this medicine and inform your dentist that you are taking buprenorphine, and schedule regular dental checkups while

taking this medicine. Your dentist can customize a tooth decay prevention plan for you. Notify both your health professional and your dentist immediately if you experience any problems with your teeth or gums. Source: FDA update via e-mail 1-14-2022 ##

Research: Bipolar Disorder in Pregnancy

Pregnant women with bipolar disorder have a 37% risk of a postpartum relapse, more than twice the risk of postpartum mental disorders in the general population. Using lithium in the first trimester of pregnancy increased risk of congenital malformations in the fetus, but the risk was smaller than previously thought and could be monitored by ultrasound. From a Meta-analysis reported at the International Society for Bipolar Disorders. Source: Veerle Bergink in bipolarnews.org, V. 24, Issue 3, 2020

Free Health Care Career Training

The Greater Flint Health Coalition offers free training for health care careers to eligible adults with a high school diploma or GED. Information: (810)232-2228 ##

Vista Drop-in Center Art Gallery

VISTA has an art gallery in the Genesee Valley Center where VISTA's art students can exhibit their artwork. The gallery is open Mondays, Wednesdays and Fridays 12-3 p.m. or by appointment. For additional information, please call Pat Beal, Director, at (810) 766-7085 or visit www.thevistacenter.org ##

Genesee County Suicide Prevention Website

www.LetsTalkGenesee.com ##

Disaster Distress Helpline

Text TALKS WITH US to 66746
Available 24 hours, 7 days. ##

Mothers of Joy University

mothersofjoyuniversity@gmail.com

One-on-One Health Care

Coverage Enrollment Assistance For Children

Greater Flint Health Coalition
(810)853-6458 ##

Center for Parent Information and Resources

e-mail: info@michiganallianceforfamilies.org

www.michiganallianceforfamilies.org 1-800-552-4821 ##

Voices for Children Advocacy Center

www.voicesforac.org

(810)238-3333 Ext. 209 ##

Children's Behavioral Health Resources in Flint

Mott Children's Health Center and the Boy's and Girl's Club in Flint have cooperated to provide a grant-funded behavioral health specialist. There is a \$10 fee that is waived for participants who can't afford to pay. ##

Virtual Behavioral Health Urgent Care in Genesee County

Video based chat support 24 hours a day, 7 days a week. The video chats are with a therapist and are open to everyone in Genesee County at no cost. Call (810)257-3705 for instructions. VBUC does not replace the existing GHS crisis services, (810)257-3740. #

MyStrength

GHS offers an online service & phone app called MyStrength.

www.MyStrength.com ##

Depression and Bipolar Support Alliance Meetings

Call before attending. Faith-based, Holy Family Church, Grand Blanc, first and third Thursdays, (810)347-4706
Disability Network, Flint, second and fourth Thursdays, 6-7:30 p.m. (616)745-2672 ##

Michigan Stay Well Counseling Covid 19

1-888-535-6136 press 8

Dial 211 for information to get human services help.

Help for Veterans

Veteran's Support for Servicemen:
Crisis Line (800)273-8255 ext. 1, or text to 838255, or click the Veterans tab

www.suicidepreventionlifeline.org
National Call Center for Homeless Veterans

(877)424-3838

Genesee County Dept. of Veterans Services

(810)257-3068

1101 Beach St., Flint 48502

Disabled American Veterans
(810)742-9220

M, T, W, Th, F 9 a.m.-2 p.m.

Veteran's Support Group

(810)760-9471 Paul Hitch

NAMI Homefront Classes Online for Family and Friends of Veterans and Active Duty Military

www.research.net/r/HomefrontOnlineRegistration

NAMI Homefront Mental Health Resources for Military Service Members, Veterans and Their Families

www.homefrontresources.nami.org

Medications

Reach an FDA pharmacist 888-463-6332. FDA Medwatch 800-332-1088 to report adverse drug reactions.

To check on-line pharmacies:

BeSafeRx:Know YourOnlinePharmacy
vipps.nabp.net LegitScript.com

To check licensing of Canadian pharmacies: cipa.com/verifypharmacy
Canadian law allows generic versions of drugs to be only 80% as effective as brand names. U.S. generics must be essentially equivalent to the brands.

Non-profit information source for patient assistance programs and free or low-cost clinics nationwide: www.needymeds.org 1-800-503-6897

Assistance with Medical Costs

Assistance Fund 1-(855)-845-3663
SAMHSA 1-(800)-662-4357
government agency gives referrals to low-cost and sliding scale mental health care in communities.

www.needymeds.org

1(800)503-6897 non-profit source for patient assistance programs for medications and low-cost clinics.

To check board certifications and licensing of medical professionals, www.michigan.gov/my/license

Advocacy for Prisoners

www.prisoneradvocacy.org
(734)761-8283

To locate a prisoner:

www.michigan.gov/corrections/
click "offender search"

Citizens for Prison Reform
Resource Guide: www.micpr.org

Help Locating Treatment for Substance Use Disorders

FAN (Families Against Narcotics)
(810)275-2690

www.familiesagainstnarcotics.org

UCAN (United Community Addiction Network)
(810)397-7175

ucanmichigan@gmail.com UCAN works specifically in Genesee County.

Referrals from the Substance Abuse and Mental Health Administration: (800)662-4357
www.findtreatment.SAMHSA.gov
Partnership for Drug-Free Kids, 855-3784-3733 or text 55753

Website for opioid information, addiction treatment, etc.

www.KnowMoreGenesee.org

Help for Sobriety Court Members

www.partners4recovery.org

Local GHS Crisis Services

810-257-3740,

1-877-346-3648

genhs.org/mystrength

National Suicide Hotline

1-800-273-8255

NAMI Helpline 1-800-950-6264

Text NAMI to 741741 to reach help in a crisis

OK2SAY@mi.gov

Hotline to report threatened suicide by teenagers or threats to schools.

Public Mental Health System Board Meetings, February

GHS Board Meetings, Flint

(810)257-3705 Location: 420 W. Fifth Ave., Flint 48503 4 p.m.

Finance, Wed., Feb. 9

Program & Evaluation Thurs., Feb 10

Mon. Feb. 14, SUD Advisory

Full Board, Thurs. Feb. 24 , Board Room 4 p.m.

Saginaw Co. CMHA Board

(989)797-3400 Location:

Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602 at
5:15 p.m.

Citizen's Advisory, Thurs. Feb. 3

Board, Mon., Feb. 14

Governance, Thurs. Feb. 17

Executive Limitations, Wed. Feb.
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Ends, Mon., Feb. 28