

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

Mailing address: NAMI Genesee County, P.O. Box 1320, Flint, MI 48501-1320

If any Genesee County public school is closed because of bad weather, our support meetings are cancelled that evening.

NAMI Genesee County Support Meetings are now on Thursdays. We offer in person support in Genesee County.

Call ahead is not required.

Family Support Second and fourth *Thursdays* 7-8:30 p.m. at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532. (810)232-6498 Family support is for relatives and friends of people living with a mental health disorder.

NAMI Connections is for people with a mental disorder. Meetings are second *Thursdays* 7-8:30 p.m. at McLaren Oak Bridge Center off the east side of S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532 (810)232-6498

NAMI G.C. Board Meetings, Zoom, first Mondays, 7 p.m.

NAMI support groups, classes and most activities are free of charge. Reminder: Please do not discuss anything heard in a meeting anywhere else.

NAMI does not give medical or legal advice. Please consult

your doctor, pharmacist or lawyer.

NAMI F-2-F Classes

NAMI Family-to-Family classes are for family and friends of adults with mental disorders to help you with your loved one and deal with the stress of care-giving. The course is 8 weeks, 2 ½ hours. Pre-registration is required. (810)232-6498. The spring class was cancelled for insufficient enrollment. Call to be put on the list for the fall class.

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. Go to namimi.org for location of a class.

NAMI Basics OnDemand is a free, six-session online education program for 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 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. www.homefrontresources.nami.org NAMIhomefront online is 6 classes for veterans' family members on nami.org

“Ending the Silence” is a free of charge online presentation about

mental disorders to be used in schools. www.ets.nami.org
We can provide speakers by request.

Family Support Group for Spanish Speakers, Information

Information for the first meeting of the Spanish Family-to-Family support group is below. Please share with anyone interested.

- Date: Saturday, May 9
- Time: 11:00 a.m. to 12:30 a.m.
- Location: Latinx Technology & Community Center, 2101 Lewis St, Flint, MI 48506
- Mi nombre es Paul Rene Ferreira Finol y me desempeño en el rol de Family Support Group Facilitator. 810-715-5050
- Fecha: Sábado 9 de mayo
- Horario: 11:00 a.m. a 12:30 a.m.
- Ubicación: 2101 Lewis St, Flint, MI 48506

Strong Summit Workshop

Flint ReCAST will hold a 3-part workshop series for youth and caregivers in May. The first session will take place on Wednesday, May 20 and is specific to parents and caregivers (childcare will be provided). The second session will take place on Wednesday, May 27 and is specific to youth and young adults ages 12-24.

Meals will be provided. Registration is required.

ADDRESS _____
CITY, STATE, ZIP _____
Telephone _____
e-mail _____

NAMI COMMON BOND

The NAMI Common Bond is published monthly with exceptions by NAMI Genesee County. PO Box 1320, Flint, MI 48501-1320 Ph. 810-232-6498.

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Ramona Deese, Karen Henry, Maureen Post, Dave Ballenberger, Jennifer Marx, Suzanne Kellom, Linda Howard

NAMI Connections Facilitators

Maureen Post, Karen Henry
Brain Bank Contact, (617)855-2400

MEMBERSHIP FORM

Annual Dues are shared between NAMI Genesee County, NAMI Michigan and NAMI. Memberships are for one year and include all benefits including newsletters. Your dues support NAMI's mission. You may join at www.nami.org (specify NAMI Genesee County) and pay dues on-line using a credit card, or you can 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 48501-1320

“Open Door” membership \$5 _____
Household membership \$60 _____
Individual membership \$40 _____
(NAMI Genesee County is a 501c3, non-profit, tax exempt corporation. Dues and donations may be tax deductible as allowed by law.)
NAME (s) _____

Please go to nami.org and pay dues to NAMI Genesee County.

Continued from page 1, **Strong.** This workshop series is designed to create a shared foundation of understanding, trust, and practical skill-building for both youth and the adults who support them. The series will conclude on June 3 with a Family Fun Day Celebration.

Play it Safe—Human Trafficking Awareness Conference

Conference for kids ages 5-12. July 11, 2026. McKinley Senior Center, 3001 Collingwood Parkway, Flint 48504. Check-in 11:30-12:10. The doors will be locked at 12:10 p.m.

The program will be from 12:10 p.m. to 3:34 p.m. A parent must stay on site the entire time. Lunch will be provided. Kids attending will each receive a \$25 gift certificate and other gifts. Information: (810)449-8887 ##

May is Mental Health Awareness Month. What will you do to make things better for folks dealing with mental disorders and their families? Please join NAMI!

Save the Date for Soberfest

The UAW Soberfest is a low-cost fun filled day for families open to the community. Entry is free and most activities are free. Soberfest will be held on Sunday, July 19, 8-5 a.m. at the Union City

Ballfield, 4151 Torrey Rd., Flint. There will be raffles, dancing, softball tournament, duck pond, horseshoes entertainment and information tables. Box lunches will be available for \$1. Information; (810)236-6834. #

WOW Outreach's 25th Annual Unity March Against Violence

WOW's 25th Annual Unity March, will take place on Saturday, June 27, 2026 beginning at 10:30 am (Unity March), and 1:30-3:30 pm (Community Rally & Expo). Location, White lot on Saginaw St., in Flint ##

Use of Technology in Mental Health Care

Mobile devices like cell phones, smartphones, and tablets are giving the public, health care providers, and researchers new ways to access help, monitor progress, and increase understanding of mental well-being. Some advantages include the following:

- **Convenience:** Allows treatment to take place anytime and anywhere making it ideal for people who have trouble getting to in-person appointments.
- **Anonymity:** Lets people receive treatment anonymously and privately from the comfort of their homes.
- **Introduction to care:** Acts as a good first step for people who have been reluctant to seek mental health care in the past
- **Lower cost:** Makes care more affordable through apps that are free or cheaper than traditional in-person care

- **Greater outreach:** Helps mental health professionals offer treatment to people in remote areas or to large numbers of people in times of sudden need, like after a natural disaster. **Interest:** Encourages people to continue therapy by making care more appealing and accessible than traditional in-person treatment.
- **24-hour service:** Provides around-the-clock monitoring or intervention support.
- **Consistency:** Offers the same treatment program to all people
- **Support:** Complements traditional therapy by extending in-person sessions, reinforcing new skills, and providing support and monitoring
- **Data collection.**

Mental health technology offers great opportunities but also raises concerns about providing benefits without causing harm.

- **Effectiveness:** Is the app supported by scientific evidence showing that it works and works as well as traditional in-person methods?
- **Audience:** Does the app work equally well for all people it is meant to help?
- **Privacy:** How does the app maker guarantee users' privacy.
- **Guidance:** How do people determine if an app is effective?
- **Regulation:** Who should regulate mental health technology and the data it generates?
- **Overselling:** Does the app promise too much and discourage use of effective therapies? Source: www.nimh.nih.gov

New NAMI Caregiver Helpline

If care giving for a loved one with mental illness is overwhelming, a text, call or e-mail to the NAMI Family Caregiver Helpline will connect you with support. Available M-F 10 a.m. to 10 p.m. text Family to 62640 or (800)950-6264 Press 4 helpline@nami.org www.nami.org/medicaid for state fact sheets and NAMI policy positions about Medicaid. ##

Local GHS Crisis Services

810-257-3740, 1-877-346-3648
www.genhs.org/helpnow

National Suicide Hotline 988

NAMI Helpline 1-800-950-6264

Text NAMI to 741741 to reach help in a crisis

Suicide Prevention Website

www.LetsTalkGenesee.com

GHS Behavioral Health Urgent Care Center Open 24/7

The Behavioral Health Urgent Care Center is located at the east side of the new GHS services center, 1040 W. Bristol Rd., Flint 48507. The Center is open 24 hours a day, seven days a week. Phone (810)496-5500 (877)-346-3648

Information About PTSD

www.nami.org. Look for "Trauma and PTSD: Dispelling Myths, Inspiring Hope." ##

Websites to Help Locate

Missing Kids

www.missingkids.org

1-800-843-5678

National Runaway Safeline

www.1800runaway.org

1-800-785-2929

Adult missing person information on www.nami.org

Free health care career training: (810)232-2228 geneseehealthcarecareers.org

Do You Need Support Services?

The Genesee County Prevention Coalition has a Partners in Prevention Portal with 37 links to help for everything from abuse to Veterans services. (810)285-9047 www.info@theGCPC.org ##

One Stop Housing

Comprehensive housing placement services for Genesee County people who are experiencing homelessness, at risk of becoming homeless or have special needs.

www.ccsgec.org/onestophousing

OneStopHousing@ccsgec.org ##

Domestic Violence Hotline:

(800)799-7923

Do You Need Help?

Dial 211 for information to get human services help.

Findhelpgenesee.org

Information for most problems, food, clothing, housing, medical care, etc. ##

GHS Outpatient Therapy Services Location, Davison

9171 Lapeer Rd., Suite 200, Davison 48423.

Under Stress and Need to Talk?

"Warm Line" Peer support 10 a.m.-2 a.m. 7 days a week.

1(888)733-7753

##

Vista Drop-in Center

Genesee Valley Mall, Open 11 a.m. to 3 p.m. Monday through Friday (810)766-7085
www.vistacenter.info
Activities and support for mentally ill and developmentally disabled adults.

Disaster Distress Helpline

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

Mothers of Joy University

mothersofjoyuniversity@gmail.com
Support and information for parents.

Autism Alliance of Michigan

www.lookingthroughthepuzzle.com

Help to Find Health Care Insurance For Kids, Greater Flint Health Coalition, (810)853-6458
Center for Parent Information and Resources: 1 (800)552-4821

www.michiganallianceforfamilies.org

Depression and Bipolar Support Alliance Meetings

Call before attending. Faith-based, Holy Family Church, Grand Blanc, 6:30-8 p.m. first and third Thursdays. (810)347-4706

NAMI Helpline Resource Directory

From nami.org on the left side of the home page, click on NAMI Helpline, then on Resource Directory.

Help for Veterans

Veteran's Support for Servicepersons: 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 counselor available Mon. 8-6 & Tues. 9-3
(810)257-3068
1101 Beach St., Flint 48502
Saginaw County Veteran's Affairs
Call for veteran's peer support group information **(810)257-3068**

Disabled American Veterans **(810)742-9220**

M, T, W, Th, F 9 a.m.-2 p.m.
Transportation office for disabled veterans (810)742-9220

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

available online 24/7 days.
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:
Safe.pharmacy/buy-safely or BeSafeRx:KnowYourOnlinePharmacy
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.

Assistance with Medical Costs

Assistance Fund 1-(855)-845-3663
SAMHSA 1-(800)-662-4357
referrals to low-cost and sliding scale mental health care
www.findtreatment.SAMHSA.gov

www.needymeds.org 1(800)503-6897 non-profit information source for patient assistance programs for medications and free or 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

Promise of Hope (810)275-2690
www.familiesagainstnarcotics.org
support group for family members

Smart Recovery Family & Friends support group for families of persons with addiction disorders. Saturdays 2-3 p.m. at the Bridge Church, G-3326 Corunna Rd. Flint 48532 (810)285-9047, info@thegcpc.org

Help for Sobriety Court Members
www.partners4recovery.org

UCAN (United Community Addiction Network) (810)397-7175 in Genesee County
ucanmichigan@gmail.com

Partnership for Drug-Free Kids, 855-3784-3733 or text 55753
Website for opioid information, addiction treatment, etc.
www.KnowMoreGenesee.org

OK2SAY@mi.gov Hotline to report threatened suicide by teenagers or threats to schools.

Voices for Children Advocacy Ctr.

www.voicesforac.org

(810)238-3333 Ext. 209 ##

Public Mental Health System

Board Meetings, May

Genesee Health System services

1040 W. Bristol Rd., Flint MI

48507 Services: (810)257-3705

Meetings are held in the Board room on the second floor.

GHS full Board Thurs. 5/28, 4 p.m.

Agency closed Monday, May 25

GHS Consumer Dance, Friday, 5/15 6-9 p.m. at the Dort Federal Event Ctr., 3501 Lapeer Rd., Flint 48503

Region 10, Fri, 5/15, 9 a.m., Port Huron

Saginaw Co. CMHA Board

(989)797-3400 sccmha.org

Meetings are held at 500 Hancock St, Saginaw, Michigan 48602

Advisory, Thurs. 5/7/26, 6 p.m.

Board, Mon., 5/11/26, 5:15, p.m.

Recipient Rights, Wed. 5/20/26, 5:15 p.m.

Executive Limitations, Wed. 5/27/26 5:15

Enjoy the May sunshine. Ramona