

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

We offer in person support in Genesee County.

Call ahead is not required.

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

Family Support Second and fourth Tuesdays 7-8:30 p.m. at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532. (810)232-6498

NAMI Connections is for people with a mental disorder. Meetings are second Tuesdays 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. We plan to start the next classes in June.

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 for information.

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

NAMI Provider Training for mental health professionals, provides education to increase

confidence and understanding of people with mental health issues.

We can provide speakers by request.

“Ending the Silence” is a free of charge online presentation about mental disorders to be used in schools. www.ets.nami.org

May is Mental Health Month.

“Beneath the Armor” Men’s Conference

A free conference for men and women who care about them, teenagers included. Speakers and free copies of Dr. Atanga’s book as long as they last. Saturday, May 10, session one: 11 a.m., session two, 12:30 p.m. Gloria Coles Flint Library, 1026 E. Kearsley St., Flint 48503. Registration is required, but is free.

<https://form.jotform251086261356052>

How Michigan Rehab Services Can Help You Go to Work

MRS mission is to help disabled adults have gainful employment. People apply to a Vocational Rehab Counselor who determines eligibility. The counselor helps explore interests, skills and abilities, training needed, and which jobs are in demand. Clients age 14 to retirement age are eligible for evaluation.

After MRS helps people with employment, they follow up for 90 days. MRS can bond people with criminal backgrounds for 5 to 25 thousand dollars to pay the employer if the person is jailed again. MRS can pay part of the

salary for people during training and there are work opportunity tax credits for employers. Source: presentation at the Greater Flint Health Coalition MH&SU Task force, April ##

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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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 for financially stressed people \$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) _____

ADDRESS _____

CITY, STATE, ZIP _____

Telephone _____

e-mail _____

Please go to nami.org and pay dues to NAMI Genesee County. \$5 is O.K.; membership numbers give NAMI political power. #

Loneliness Linked to Dementia Risk (and Poor Health)

Feeling lonely increases the risk for dementia by 31%, according to an analysis of data from multiple NIA-funded population-based studies. These findings were focused explicitly on loneliness and looked at its links to Alzheimer's disease, vascular dementia, and cognitive impairment without dementia.

This study analyzed data from more than 600,000 participants. It found that loneliness increased the risk for dementia similar to being physically inactive or smoking. Loneliness increased the risk for Alzheimer's by 14%, vascular dementia by 17%, and cognitive impairment by 12%.

Loneliness is the distressing feeling of having fewer or lower quality social interactions or connections than one wants. It is different than social isolation, which is the lack of social contacts and having few people with whom to regularly interact. People can live alone and not feel isolated, and conversely can feel lonely while being with others. Loneliness and social isolation are known to pose health risks in older adults.

Loneliness and social isolation are associated with higher risks for health problems such as heart disease, high blood pressure, depression, anxiety, and cognitive decline. Older adults are at higher risk for social isolation and loneliness due to changes in health and social connections that can come with growing older, hearing, vision, and memory loss, disability, trouble getting around, and/or the loss of family and friends.

People who are lonely experience emotional pain. Losing a sense of connection and community can change the way a person sees the world. Someone experiencing chronic loneliness may feel threatened and mistrustful of others.

Emotional pain can activate the same stress responses in the body as physical pain. When this goes on for a long time, it can lead to chronic inflammation (overactive or prolonged release of factors that can damage tissues) and reduced immunity (ability to fight off disease). This raises your risk of chronic diseases and can leave a person more vulnerable to some infectious diseases.

Also, too little social activity and being alone often may make it more difficult to perform everyday tasks such as driving, paying bills, taking medicine, and cooking.

Certain factors may increase the risk of social isolation and loneliness. These include:

- Loss of mobility

- Vision or hearing problems
- Psychological or cognitive challenges
- Feeling a lack of purpose
- Financial struggles
- Living alone
- Lack of transportation
- Inability to leave home without help
- Living in a rural, unsafe, or hard-to-reach neighborhood
- A major life change, such as the death of a family member or retirement
- Separation from friends or family
- Lack of social support
- Caring for a loved one who is unwell
- Experiencing discrimination based on age, racial or ethnic background or sexual orientation
- Language barriers

Visit a drop-in center, senior center, church or other social activities. Be helpful; visit or phone someone who lives alone.
Source: nia.nih.gov ##

With the Mental Health College Guide, students learn how to:

- Take care of your mental health, including how to get support, plan for a crisis, and prevent suicide
- Advocate for yourself, and get more information about privacy protections
- Navigate relationships, like with roommates in your dorm, romantic partners, or new friends, and ensure you are prioritizing self-care

- Explore the intersections between your mental health and other identities
- Stay safe with guidance about substances and sexual harassment or assault

Go to nami.org to find the guide and share it with graduating high school students. ##

Help Support GHS Clients

The VIP store in the main Genesee Health System building on Bristol Rd. is open to the general public. Walk into the welcome center 10 a.m.-2 p.m. Monday through Friday. There is art, home décor, items to wear and many handmade items crafted by persons living with mental problems. ##

Michigan Disability Rights for Medicaid Eligible Children

Due to a lawsuit, Michigan is providing more services for kids with mental health conditions. Information: (800)288-5923

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.ccsge.org/onestophousing

OneStopHousing@ccsge.org ##

Domestic Violence Hotline:
(800)799-7923

Suicide Prevention Website
www.LetsTalkGenesee.com

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 crisis services
(810)257-3740

GHS Behavioral Health Urgent Care Center

The center is located at 422 W. 4th Avenue, across the street from the GHS main building near Hurley Hospital. (810)496-5500 (877)-346-3648 Hours are 8:00 a.m. –10:30 p.m. Monday through Friday and 10 a.m.-6:30 p.m. Saturday and Sunday. Video chat support 24 hours a day, 7 days a week with a therapist. No cost. No referral or insurance needed. Call (810)257-3705 for instructions.

Under Stress and Need to Talk?
“Warm Line” Peer support 10 a.m.-2 a.m. 7 days a week.
1(888)733-7753 ##

University of Michigan provides consultations to physicians doing opioid treatment and telemedicine delivered interventions.
www.michiganopioidcollaborative.org

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.

Help to Find Health Care Insurance For Kids

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

Autism Alliance of Michigan

www.lookingthroughthepuzzle.com

**Center for Parent Information
and Resources: 1 (800)552-4821**

www.michiganallianceforfamilies.org

NAMI Helpline Resource Directory

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

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

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

*With the good weather, now is a
good time to get outdoors to listen
to birds and perhaps get exercise.*

UCAN (United Community

Addiction Network) (810)397-7175

in Genesee County

ucanmichigan@gmail.com

Help for Sobriety Court Members

www.partners4recovery.org

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 ##

Local GHS Crisis Services

810-257-3740, 1-877-346-3648

genhs.org/mystrength

National Suicide Hotline 988
NAMI Helpline 1-800-950-6264
Text NAMI to 741741 to
reach help in a crisis

Public Mental Health System
Board Meetings, February 2025
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.
SUD Advisory, Mon.5/12, 4 p.m.
Consumer Council Mon 5/19,
3pm
Board of Directors 5/22, 4 p.m.
DEI, Human Resources, Finance,
Programs & Evaluation
Region 10, Fri, 5/16, 9 a.m.,
Sanilac

Saginaw Co. CMHA Board
(989)797-3400 sccmha.org
Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602
Advisory, 5/1 6 p.m.
Board of Directors, 5/12, 5:15
Executive Limitation, 5/28 5:15