

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

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 the fall.

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

July is Bebe Moore Campbell National Minority Mental Health Month. Resources are on the website of Mental Health America info@mhanational.org

Notice from NAMI, July 3, 2025

Congress has acted, and it's not the outcome we wanted. Despite incredible, tireless advocacy from NAMI advocates like you, Congress has passed a budget bill, the *One Big Beautiful Bill Act*, that includes devastating cuts to Medicaid, and we expect the President to sign it into law shortly.

However, I'm so inspired by NAMI's amazing advocates, and I don't want you to lose hope. You contacted Congress over 155,000 times, asking them to protect Medicaid. You showed up again and again when we reached out to you. And while this bill passed, your voices made a difference in educating people about why Medicaid matters for mental health. That momentum doesn't disappear – and it will be vital in our advocacy ahead.

We will keep fighting. For care that's accessible and affordable for everyone. For policies rooted in treating people with mental illness with dignity and respect. For a mental health system that works for everyone.

From all of us at NAMI, thank you for standing with us — now and in what comes next.

Hannah Wesolowski
Chief Advocacy Officer, NAMI
NAMI COMMON BOND

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Editor: Ramona Deese,
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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. #

Soberfest Day of Fun

Soberfest will be Sunday, July 20, 8 a.m.-5 p.m. at the Union City Ball Fields, 4151 Torrey Rd., Flint. There is no admission charge and it is a low-cost fun filled day for families. Box lunches are \$1. There are raffles, dancing, softball tournament, duck pond, horseshoes and entertainment. NAMI will be there with an information table. Information: UAW Work and Family (810)236-6834 ##

GHS Behavioral Health Urgent Care Center

The Genesee Health System held a ribbon cutting event for the new Behavioral Health Urgent Care Center located at the east side of the new GHS services center, 1040 W. Bristol Rd., Flint 48507. The Center will serve people of all ages needing urgent care for mental health conditions. It is expected to open soon with 24 hours, 7 days operation.

The center has 7 intake rooms for screening and crisis intervention. There are 16 beds for up to 72 hours for stabilization treatment for adults. There are 8 beds for crisis residential treatment for up to 14 days for adults. The décor

is beautiful, with calm colors and peaceful artwork. The Urgent Care Center is financed by the Genesee County mental health millage (your tax dollars at work).

I Shopped in the VIP Store at Genesee Health System

The VIP store in the main Genesee Health System building on Bristol Rd. is open to the general public 10 a.m.-2 p.m. Monday through Friday. I was impressed by the beautiful, reasonably priced hand-made crochet items. There are a variety of things, most handmade by persons living with mental problems. Ramona, Editor ##

Surgeon General Warns of Increased Cancer Risk from Alcohol Consumption

In January, the U.S. Surgeon General warned that alcohol consumption is the third leading preventable cause of cancer. It is estimated that in 2019, nearly 97,000 cancer cases in the U.S. were related to alcohol consumption. The cancers included colon, rectal, throat, breast, liver, mouth and esophagus. The World Health Organization also warned of cancers related to alcohol in 2025. Source: *Worst Pills, Best Pills News*, June 2025, www.worstpills.org ##

Clarification of FDA Updates in Fact Sheets for Covid Vaccines

The warning on myocarditis and pericarditis in the Prescribing Information for Comirnaty and Spikevax has been updated to convey that the observed risk of myocarditis and pericarditis following vaccination with

mRNA COVID-19 vaccines has been highest in males 12 through 24 years of age and to include the following new language:

Based on analyses of commercial health insurance claims data from inpatient and outpatient settings, the estimated unadjusted incidence of myocarditis and/or pericarditis during the period 1 through 7 days following administration of the 2023-2024 Formula of mRNA COVID-19 vaccines was approximately 8 cases per million doses in individuals 6 months through 64 years of age and approximately 27 cases per million doses in males 12 through 24 years of age.” Source: fda.gov ## (Editor: *If you have concerns about vaccine safety, talk to your physician. The FDA recently recommended Covid boosters every 6 months for people age 65 and older, also people with medical conditions, because the benefit outweighs the risk. Ramona*

FDA Warns About Some ADHD Medications for Preschoolers

The FDA is revising the labeling of all extended-release stimulants indicated to treat attention-deficit/hyperactivity disorder (ADHD) to warn about the risk of weight loss and other adverse reactions (side effects) in patients younger than 6 years taking these medications.

If parents or guardians notice weight loss in their child taking an extended-release stimulant for ADHD, they should contact their pediatrician or other health care professional.

Parents and guardians can also ask their health care professional about alternative treatments for ADHD. Some immediate-release stimulants are approved for children younger than 6 years.

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.ccsgec.org/onestophousing
OneStopHousing@ccsgec.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 New Outpatient Therapy Services Location, Davison

9171 Lapeer Rd., Suite 200, Davison 48423. Therapy for anxiety, depression, grief, family problems, worry and stress. Park behind the building. ##

GHS Behavioral Health Urgent Care Center Near Hurley

The center is located at 422 W. 4th Avenue, across the street from 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 ##

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

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:KnowY ourOnlinePharmacy

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 ##

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.
Agency closed July 4.
Consumer council 7/21
Board of Directors 7/24, 4 p.m.
Finance, Programs & Evaluation
Region 10, Fri, 7/18, 9 a.m., Port
Huron

Saginaw Co. CMHA Board
(989)797-3400 sccmha.org
Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602
Board of Directors, 7/14, 5:15
Recipient Rights, 7/16, 5:15 p.m.
Executive Limitations, 7/23, 5:15
Ends, 7/28, 5:15

*With the hot weather, it is easy to
become dehydrated and become
dangerously sick, especially if
using certain medications. Be
aware of warning signs such as
heat cramps, nausea, headaches,
muscle pain, high temperature,
etc.. Get medical care right away
for heat stroke. It can be fatal. ##*