

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

NAMI Genesee County Support Meetings

We offer in person support in Genesee and Saginaw counties.

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 7-9 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 at 7 p.m. at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532 (810)232-6498

NAMI G.C. Board Meetings, 6:30 p.m. third Tuesdays at the Flint Library, 1025 E. Kearsley St.

Saginaw Connections Support

Saginaw has a NAMI G.C. Connections support meeting for people with a disorder. Meetings are 6 p.m. first and third Thursdays at McDonald GMC Cadillac, 5155 State St., Saginaw Sue (989)780-0825 sue.smith3185@outlook.com

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.

The course is 8 weeks, 2 ½ hours. Pre-registration is required. (810)232-6498. Call to get your name on the list for fall classes.

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 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 online classes are no longer offered. We suggest our Family-to-Family classes.

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.

www.homefrontresources.nami.org #
“Be gentle with yourself. You are a good person.” Anonymous
“Ending the Silence” is a free of charge online presentation about mental disorders designed by NAMI to be used in schools. www.ets.nami.org. ##

Please Join Us

“Illuminate the Community A Night with NAMI, a Self-Care Wind Down” 5-7 p.m. Thursday, September 28, Greater Flint Arts Council, 816 S. Saginaw St. Flint 48502. Speaker, Rich Jennings, speaking about PTSD, depression suicide and how NAMI F-2-F classes helped him. Food provided. Call (810)232-6498 to reserve a spot.

NAMIWALKS, Saturday, September 16, Wayne State U., 630 Merrick St., Detroit, 48202 Check-in 8 a.m., walk 10-12:30#

We Have Moved

Family Support and Connections Support, will meet at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532. This is directly across from our present office area on the east side of Linden Rd. The McLaren building is set back from Linden Rd. and has a large sign on the building. Use the NAMI P.O. Box 1320, Flint, MI 48501-1320 for all mailings.

Results of Mental Health America’s Online Screening
In 2022, more than six million people took the MHA online

mental health screenings. Some results are below. To see the entire report, go to: (cont. p. 2)

Telephone _____
E-mail _____

NAMI COMMON BOND

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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) or www.namigenesee.org 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
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 _____

mhanational.org/lessons-MHA-Screening

- Youth are struggling with their mental health and are seeking support online. 38% of individuals in the U.S. who took a screen in 2022 were under 18.
- Across all screens, 78% (of users in the U.S. scored positive or with moderate to severe symptoms of a mental health condition in 2022.
- In 2022, 79% of people screened for anxiety scored with symptoms of moderate to severe anxiety. The percentage was particularly severe for youth and BIPOC screeners.
- More people screened for ADHD than for bipolar and anxiety.
- Overall, 35.27% of individuals in the U.S. who took the depression screen reported frequent suicidal ideation in 2022.
- Rates of suicidal ideation were highest among youth, especially LGBTQ+ youth of color. Overall, 48.65% of all youth depression screeners under 18 reported frequent suicidal ideation on more than half or nearly every day of the previous two weeks. LGBTQ+ youth identifying as other race were most likely to report suicidal ideation (62%).
- Rates of suicidal ideation for all Black, Indigenous and people of color were higher than rates for white screeners.
- Among individuals who screened positive or moderate to severe for

a mental health condition in 2022, 60% reported that one of the top three things contributing to their mental health concerns was body image or self-image. This was followed by 51% reporting relationship problems and 48% reporting loneliness or isolation.

This report is very easy to interpret and well worth reading. I was especially concerned about the high incidence of suicide ideation by youth. They are crying out for help. Ramona, editor

Help to Prevent Suicide

Warning signs that someone may be at immediate risk for attempting suicide include:

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often

Other warning signs that someone may be at risk for attempting suicide include:

- Displaying extreme mood swings
- Making a plan or looking for ways to suicide, such as stockpiling pills, buying a gun or investigating methods online
- Talking about feeling great guilt or shame
- Using alcohol or drugs more often
- Acting anxious or agitated
- Changing eating or sleeping habits
- Showing rage or talking about seeking revenge

Suicide is not a normal response to stress and should not be ignored. Get help as soon as possible. Call their doctor, call 988 or take the person to the Behavioral Health Urgent Care Center near Hurley Hospital.

You can be a support:

Ask: “Are you thinking about killing yourself?”

Keep Them Safe: reduce access to highly lethal items or places. Watch for stockpiling of pills or purchase of a weapon.

Be There: Listen to what the individual is thinking and feeling. Ask if the person has a plan.

Help Them Connect: Save the 988 Suicide & Crisis number and the person’s doctor’s number.

Stay Connected: the number of suicide deaths goes down when someone follows up with the at-risk person. Source: NMIH.gov edited

Suicide Prevention Website
www.LetsTalkGenesee.com

Did You Know That Michiganders Have Serious Health Problems?

Michigan is one of 13 states that make up Tobacco Nation, a collection of states that have higher adult and youth tobacco use, lower life expectancy, more “poor” health days and earn nearly 25% less compared with the rest of the U.S. Tobacco use kills 16,200 Michiganders each year while smoking-related annual health care costs equal \$533 billion. Source: Genesee County Prevention Coalition newsletter via e-mail, 8/22/23)

Seasonal Mood Disorders

SAD is a type of depression characterized by its recurrent seasonal pattern, with symptoms lasting about 4 to 5 months per year. It usually starts in October. Help prevent episodes by getting outdoors every morning. ##

Free Back to School Toolkit from Mental Health America online

“Navigating Selfies, Social, & Screens: Navigating Virtual Spaces for Youth” for parents, teachers and students.
<https://mhanational.org/lessons.MHA-Screening> ##

Great Lakes Bay Health Center Receives Grant from HRSA

The federal grant is to improve developmental outcomes of kids ages 0-5 through increased screenings and services. ##

Do You Need Help?

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

Free Job Training

Free training is available to qualifying Genesee County residents who are interested in a healthcare career. Information: call or text (810)853-6423. ##

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. 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
Dial 211 for information to get human services help

Under Stress and Need to Talk?
 “Warm Line” Peer support 10 a.m.-2 a.m. 7 days a week.

1(888)733-7753 ##

Virtual Behavioral Health Urgent Care in Genesee County

Video based chat support 24 hours a day, 7 days a week with a therapist open to everyone in Genesee County at no cost. Call (810)257-3705 for instructions.

GHS crisis services
 (810)257-3740.

MyStrength

GHS offers an online service & phone app called MyStrength.
www.MyStrength.com

Mothers of Joy University

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

Vista Drop-in Center Art Gallery
 VISTA art gallery in the Genesee Valley Center open Mondays,

Wednesdays and Fridays 12-3 p.m. (810) 766-7085 or visit www.thevistacenter.org ##

Disaster Distress Helpline

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

Help to find Health Care

Insurance For Kids

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

NAMI Helpline Resource Directory

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

Center for Parent Information and Resources

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

Mothers of Joy University

mothersofjoyuniversity@gmail.com

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 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 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, extensive information.
www.homefrontresources.nami.org

Voices for Children Advocacy Ctr.
www.voicesforac.org
(810)238-3333 Ext. 209 ##

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.

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 in 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

Help Locating Treatment for Substance Use Disorders

Promise of Hope (810)275-2690
www.familiesagainstnarcotics.org

One caring person can save a life.

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

Website for opioid information, addiction treatment, etc.

www.KnowMoreGenesee.org

Help for Sobriety Court Members

www.partners4recovery.org

Partnership for Drug-Free Kids, 855-3784-3733 or text 55753

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

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, September
GHS Board Meetings, Flint

Services: (810)257-3705 420 W. Fifth Ave., Flint 48503

Recipient Rights, Mon. 9/11, 4
p.m., Room 108 CCIS (children's
services building)
, 1402 S. Saginaw St., Flint
Substance Use Advisory, Mon.
9/11, 4 p.m., Board Room., 420
W. 5th Ave.

Consumer Council, Mon. 9/18, 4
p.m. location to be determined
Board: Corporate Compliance,
Finance, Programs and
Evaluation, CCIS Region 10, Fri.
9/15, 9 a.m., CCIS, Flint

Saginaw Co. CMHA Board

(989)797-3400 sccmha.org
Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602
Board Meeting Mon., 8/14,
5:15pm
Executive Limitations Wed., 7/26,
5:15pm
Ends Mon., 8/28 5:15 p.m.