

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.

**Important Notice: NAMI
Genesee County Support
Meetings Date Change**

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. 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

Please Join The I Care Walk

NAMI Genesee County is having the second annual “I Care Walk” Saturday, September 27, 2-6 p.m. at the Church Without Walls, 6202 Dupont St. Flint 48505. The Walk’s purpose is to provide education about mental illness and increase NAMI support services in Genesee County and other areas we serve. There will be vendors, food, speakers, fellowship and fun for families. There is a non-mandatory \$20 donation for the Walk. All proceeds will benefit NAMI Genesee County. Call (810)232-6498 for information. ##

**September is Suicide
Prevention Month**

People of all ages, sexes, and ethnicities can be at risk for suicide. The main risk factors for suicide are:

- A history of suicide attempts
- Depression, other mental disorders, or substance use disorder
- Chronic pain
- Family history of a mental disorder or substance use
- Family history of suicide
- Exposure to family violence, including physical or sexual abuse

- Presence of guns or other firearms in the home
- Having recently been released from prison or jail (Cont. pg 2)

NAMI COMMON BOND

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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) _____

ADDRESS _____

CITY, STATE, ZIP _____

Telephone _____

e-mail _____

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

Exposure, either directly or indirectly, to others' suicidal behavior, such as that of family members, peers, or celebrities

Although risk factors for suicide are important to keep in mind, someone who is showing warning signs of suicide may be at higher risk for danger and need immediate attention.

Stressful life events (such as the loss of a loved one, legal troubles, or financial difficulties) and interpersonal stressors (such as shame, harassment, bullying, discrimination, or relationship troubles) may contribute to suicide risk, especially when they occur along with suicide risk factors.

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
 - Displaying extreme mood swings, suddenly changing from very sad to very calm or happy.
 - Making a plan or looking for ways to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun
 - 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

Create a safety plan or crisis response plan—with specific instructions for what to do and how to get help when having thoughts about suicide. Stay connected and follow up with people who are at risk. Increase safe storage of lethal means. Source: National Institute of Mental Health website. nimh.nih.gov ##

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****Anyone Can Become Addicted, Know the Signs**

Addiction doesn't care how old you are, how much money you make, or the color of your skin; it has no bias. While the initial choice to use a drug is often voluntary, the powerful effects of addiction makes it very hard to stop, even if someone wants to.

Addiction is a chronic and treatable disease. Using drugs repeatedly changes the brain, including the parts that help exert self-control. That's why someone may not be able to stop using drugs, even if they know the drug is causing harm, or feel ready to stop.

Some common behaviors of addiction and substance use disorder include:

1. Trying to stop or cut down on drug use, but not being able to.
2. Using drugs because of being angry or upset with other people.
3. Taking one drug to get over the effects of another.
4. Making mistakes at school or on the job because of using drugs.
5. Drug use hurting relationships with family and friends.

6. Being scared at the thought of running out of drugs.
7. Stealing drugs or money to pay for drugs.
8. Being arrested or hospitalized for drug use.
9. Developing a tolerance, and needing larger amounts of drugs or alcohol to get high. Overdosing on drugs. Source: SAMHSA "Find Treatment for Drugs" ##

For help finding treatment, call GHS Access Center (810)257-3740 or UCAN in Genesee County (810)397-7375 ucanmichigan@gmail.com

Suicide Prevention Websitewww.LetsTalkGenesee.com**GHS Behavioral Health Urgent Care Center, New Location**

The new Behavioral Health Urgent Care Center located at the east side of the new GHS services center, 1040 W. Bristol Rd., Flint 48507 is now open. Hours are Monday-Friday 8 a.m. to 10:30 p.m. and Saturday and Sunday 10 a.m. to 6:30 p.m. Phone (810)496-5500 (877)-346-3648

NAMI has updated the information about PTSD on www.nami.org. Look for "Trauma and PTSD: Dispelling Myths, Inspiring Hope." ##

Websites to Help Locate Missing Kidswww.missingkids.org

1-800-843-5678

National Runaway Safeline

www.1800runaway.org

1-800-785-2929

Adult missing person information on www.nami.org ##

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/onestophousingOneStopHousing@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 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. ##

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 ##

Public Mental Health System

Board Meetings, September

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.

Consumer Council, 9/15

Board of Directors 9/25, 4 p.m.

Region 10, Fri, 9/19, 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, 9/8, 5:15

Recipient Rights 9/17, 5:15

Governance, 9/18, 5:15

Ends, 9/22, 5:15

Executive Limitations, 9/24, 5:15

CMHA Walk A Mile in My
Shoes Rally, 9/17