

If your address changes, please call (810)232-6498 and leave your name, correct mailing address, phone # 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 free of charge. We offer in person support in Genesee County.

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 for people with a mental disorder. 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

Spanish Family Support Group for Spanish speakers Location: Latinx Technology & Community Center, 2101 Lewis St, Flint, MI 48506 Information: Paul Rene Ferreira Family Support Group Facilitator. 810-715-5050. Ubicación: 2101 Lewis St, Flint, MI 48506.

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.

We can provide speakers by request.

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. 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

Please Support NAMIWALKS

NAMIWALKS is a fundraiser that supports services of NAMI MI and affiliates. Online registration is free and open at www.namimi.org or register on-site. Please designate NAMI Genesee County as your affiliate. Donate financially if you can.

NAMI Washtenaw County, 10/17/26, 12:00 to 3:30, Gallup Park, 3000 Fuller Rd., Ann Arbor 48105

NAMI Detroit Metro, 9/19/26, check in 8, walk 10 a.m. University of Detroit Mercy, 4001 W. McNichols Rd., Detroit, 48221

NAMI Southwest Michigan, Kalamazoo Valley Community College, 9/13/26, check-in 8, walk 10 a.m. 6767 WO Ave. Kalamazoo, MI 49009

NAMIWALKS Grand Rapids, 10/3/26, check-in 8, walk 10 a.m. Davenport U. of Grand Rapids, 6191 Kraft Ave., SE Grand Rapids 49512

Information:
nickbabcock@namini.org
(517)853-0952

September is suicide prevention month. Go to

www. *nimh.nih.gov* to learn
about danger signs. ##

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.

Editor: Ramona Deese,

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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" low income membership
(O.K. for anyone to use) \$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.*

Recovery Alliance Project

Smart Recovery is a science-
based program to take control of
your recovery from addictions. It
uses practical tools, self
empowerment and a supportive
community. Meet Wednesday and
Friday at noon at the Carriage
Town Bakery, 600 Garland St.,
Flint 48503 ##

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. ##

RX Kids

RX Kids is a communitywide
maternal and infant cash
prescription program in Genesee
County. Information: Greater
Flint Health Coalition, (810)232-
3332

Be Sure You Can Vote in November

Editorial by Ramona Deese
Every vote is important. It is a
good idea to check ahead of time
with your local clerk to be sure
that you are registered. During
the checking process, some
people might have been

inadvertently removed from the
rolls. Voting locations might
have been changed. For voter
information, go to the Michigan
Voter Information Center or call
your local clerk. If voting by
mail, be aware that the envelope
might not be postmarked on the
day you mail it. If you requested
a ballot by mail and it does not
arrive, check with the clerk in
your area. With the proposed
changes in post office ballot
delivery rules, it might be safer to
hand deliver ballots or vote in
person with an I.D.

Which issues are most important
to you? Which candidates will
best support your position? With
the advent of AI, it is easy to
produce ads that might unfairly
promote or disparage candidates.
vote411.org may have trustworthy
information about the
backgrounds of candidates. You
might also be able to contact
candidates directly to ask about
their goals for the position they
are running for. If community
forums are available, try to attend.
Our democracy depends on
citizen participation. ##

Postpartum Psychosis

Postpartum psychosis is rare, but
serious. Because postpartum
psychosis is not included in the
DSM-5, a woman who kills her
baby while suffering from
postpartum psychosis can be
charged with murder. A defense
lawyer has difficulty proving that
it is a mental illness.

The causes of postpartum
psychosis are not understood,
though there are many theories.

Research results are confusing and inconclusive.

Postpartum depression is common. The women usually get better and often do not require medical treatment, but postpartum psychosis is a medical emergency that requires hospitalization. It can affect women with no history of mental illness, but women who have bipolar disorder have a 20% chance of severe mental problems after childbirth. Suicide is a risk. Postpartum psychosis symptoms can be delusions (false beliefs) or hallucinations (seeing things that are not there or hearing voices.) There might be other symptoms such as sleeping disturbances, depression, irritability, mood swings, etc.

The main medications used to treat postpartum psychosis are antipsychotics, benzodiazepines, antidepressants and mood stabilizers. Support from family and medical staff is important. Partners need education about the disorder and awareness of the need to provide rest for new mothers.

Sources:
www.nimh.nih.gov "Women and Mental Health," postnatal depression
<https://pmc.ncbi.nlm.nih.gov/articles/PMC10759251/> "Postpartum Psychosis: A Review of Risk Factors, Clinical Picture, Management, Prevention, and Psychosocial Determinants."

New Research Gives New Hope for PTSD Treatment

TMS uses a magnet on the outside of a patient's head to target The right amygdala to reduce PTSD symptoms. The TMS is directed to the dorsolateral prefrontal

cortex lying a little less than one inch below the scalp.

The double-blind study showed that after 10 days of treatment, the clinical symptoms were "significantly decreased" in the TMS group. Source: The study was financed by The Brain & Behavior Research Foundation. Reported in "Brain & Behavior" Fall 2026. p. 38

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 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

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 ##

Domestic Violence Hotline:
(800)799-7923

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 ##

Do You Need Help?

Dial 211 for information to get human services help.
Findhelpgenesee.org

Information for most problems, food, clothing, housing, 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

3341 S. Cinden Rd., Flint 48507
Near Barnes & Noble book store.
Open 11 a.m. to 3 p.m. Monday through Friday (810)766-7085
www.vistacenter-info.com

Activities and support for mentally ill and developmentally disabled adults. Art gallery.

Mothers of Joy University
mothersofjoyuniversity@gmail.com
Support and information for parents.

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

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

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

To locate Alcoholics Anonymous meetings in Genesee County:
www.geneseecountyaa.org Help Line (810)768-7112

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.

GHS full Board Thurs., 9/24, 4 p.m. Agency closed on Labor Day

Region 10, Fri, 9/18, 9 a.m.,

GHS, Flint

Walk a Mile in My Shoes rally,

Wed. 9/23, 12:30-3 P.M., State

Capital in Lansing

Saginaw Co. CMHA Board

(989)797-3400 **sccmha.org**

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

Board, Mon., 9/14/26, 5:15, p.m.

Recipient Rights, 9/16, 26 5:15

Governance, 9/17, 2026, 5:15

Executive Limitations, 9/23/26 5:15, p.m.

Ends, 9/28, 26, 5:15 p.m.