

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 Saturdays 10/10/26 and 10/24/26, 11 a.m.-12:30 p.m. Information: Paul Rene Fereira 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 six 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 Information: nickbabcock@namimi.org (517)853-0952

Seasonal Affective Disorder

If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder, SAD.

In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer, known as winter-pattern SAD or winter depression.

Other people experience depressive symptoms during the spring and summer months, known as summer-pattern SAD or summer depression. Summer-pattern SAD is less common.

NAMI COMMON BOND

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Editor: Ramona Deese,

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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.

Symptoms last about 4–5 months out of the year. The signs and symptoms of SAD include those associated with depression as well as disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD.

For winter-pattern SAD, additional symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like “hibernating”)

For summer-pattern SAD, additional symptoms can include:

- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Violent or aggressive behavior

The depression associated with SAD is related to changes in daylight hours, not the calendar, so stresses associated with the holidays or predictable seasonal changes in work or school schedules, family visits, and so forth are not the same as SAD.

In most cases, SAD begins in young adulthood. SAD occurs much more often in women than in men. Winter-pattern SAD also occurs more often than summer-pattern SAD. Therefore, SAD is more common in people living

farther north, where there are shorter daylight hours in the winter.

SAD is more common in people with depression or bipolar disorder, especially bipolar II disorder, which involves repeated depressive episodes and hypomanic episodes (less severe than the typical manic episodes of bipolar I disorder). Additionally, people with SAD tend to have other mental disorders, such as attention-deficit/hyperactivity disorder, eating disorder, anxiety disorder, or panic disorder.

The cause of SAD is not well known. Treatments are available to help people with SAD. They fall into four main categories that can be used alone or in combination:

- Light therapy
- Psychotherapy
- Antidepressant medication
- Vitamin D (Ask your doctor to test your vitamin D levels before using supplements. Too much of vitamins can be harmful.)

Light therapy and vitamin D are treatments for winter-pattern SAD, whereas psychotherapy and antidepressants are used to treat depression in general, including winter- and summer-pattern SAD. There are no treatments specific to summer-pattern SAD.

Talk to a health care provider about the potential benefits and risks of different treatment options. It might be helpful to walk outdoors daily in the morning, starting before fall SAD symptoms begin. Source:

<https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder> ##

Trisomy X (Triple X Syndrome)

Trisomy X, also called triple X syndrome is characterized by the presence of an additional X chromosome in each cell. Girls and women with this condition have three X chromosomes instead of the usual two. The condition occurs in 1 in 1000 girls. Trisomy X is not considered inherited and parents have done nothing to cause it. It is a random mutation and can be diagnosed with a genetic test.

The signs and symptoms of trisomy X can vary widely. Some people with trisomy X do not appear to have any features of the condition, while others have multiple signs and symptoms. The most common feature of trisomy X is tall stature. There may be other issues such as learning disabilities, delayed development of speech and language skills, or motor skills such as walking, weak muscle tone, anxiety disorders, mood disorders, autism spectrum disorder, attention deficit disorder, seizures, kidney abnormalities or widely spaced eyes.

Most women with trisomy X develop normal female sex characteristics and are able to conceive children. However, some may have abnormal or missing ovaries or early end of menstruation by age 40. Source: medlineplus.gov. ##

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. ##

Information About PTSD

www.nami.org.

RX Kids

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

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

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.
Findhelptogenesee.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. Linden 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, October**

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., 10/22,
2026 4 p.m.
Region 10, Fri, 10/16/26, 9 a.m.,
Port Huron

Saginaw Co. CMHA Board
(989)797-3400 **sccmha.org**
Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602
Advisory, 10/1/26, 6 p.m.
SCCMHA Public Hearing,
10/8/26, 5:30 p.m.
Board, Mon., 10/12/26, 5:15, p.m.
Ends, 10/26/26, 5:15 p.m.