

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 Day 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

NAMI G.C. Community Focus Group for Mental Health. You are Invited.

Date: Wednesday, October 15

Time: 6-8:30 p.m.

Location: Farmer's Market, 300 E. First St., Flint

Purpose: Your chance to provide feedback on mental health services, find resources and hear knowledgeable speakers.

Information: (810) 232-6498 ##

Thank You to All of the Sponsors, Donors and Volunteers for the “I Care Walk”

We had a successful walk on a nice day. The many walkers enjoyed fellowship, food and fun. Thank you to everyone who participated and helped. ##

The State of Mental Health in America, Survey by Mental Health America 2025

Mental Health America completed a survey of the state of mental health in all 50 states and the District of Columbia, statistics from 2024. 23.4% of adults experienced any mental illness. 17.7% had a substance use disorder. 5.5% experienced serious thoughts of suicide.

The report compares the states and gives statistics for adults and adolescents about care, insurance coverage and reported illnesses. Too comprehensive to (page 2)

NAMI COMMON BOND

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NAMI Connections Facilitators

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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) 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.

(Cont. from page 1) summarize here, it is available at www.mhanational.org ##

Hurley Medical Center Has a Center to Help People Recover from Trauma

In 2023, the Michigan violent crime rate was 457 incidents per 100,000 residents. This rate is 26% higher than the national average. The Genesee County violent crime rate is 653 offenses per 100,000 people. The most common violent crime in Michigan is aggravated assault.

Hurley Medical Center's Trauma Recovery Center (TRC) offers free, confidential resources to help individuals overcome the traumatic effects of violence. The program was the first in Michigan. It is staffed by professionals dedicated to helping victims through all stages of recovery.

Participants do not have to report an incident to the police or file criminal charges to access this free service. Victims are eligible for services up to three years after impacted by a crime.

Victim types treated are: gun violence, physical assault, sexual abuse, domestic violence, child abuse, neglect, human trafficking, elder abuse, DUIs, survivors of homicides, or hit and run victims.

To enroll or refer a victim, call (810)262-7349, (810)262-7342 or e-mail HurleyTRC@hurleymc.com

Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that occurs at a certain time of the year, usually in winter. SAD may begin during the teen years or in adulthood. Like other forms of depression, it occurs more often in women than in men.

People who live in places with long winter nights are at high risk of developing SAD. A less common form of the disorder involves depression during the summer months.

Symptoms usually build up slowly in the late autumn and winter months. Symptoms are often the same as with other forms of depression:

- Hopelessness
- Increased appetite with weight gain (weight loss is more common with other forms of depression)
- Increased sleep (too little sleep is more common with other forms of depression)
- Less energy and ability to concentrate

- Loss of interest in work or other activities

- Sluggish movements

- Social withdrawal

- Unhappiness and irritability

Antidepressant medicines and talk therapy can be effective treatments. Sometimes providers prescribe light therapy. Light therapy uses a special lamp with a very bright light that mimics light from the sun. Treatment is started in the fall or early winter, before the symptoms of SAD begin.

To manage your symptoms at home:

- Get enough sleep.
- Eat healthy foods.
- Take medicines the right way.
Ask your provider how to manage side effects.
- Learn to watch for early signs that your depression is getting worse.
Have a plan if it does get worse.
- Try to exercise more often, especially outdoors in the morning, if possible. Do activities that make you happy.

Do not use alcohol or illegal drugs. These can make depression worse. They can also cause you to think about suicide.

When you are struggling with depression, talk about how you are feeling with someone you trust. Try to be around people who are caring and positive. Volunteer or get involved in

group activities. Source: MedlinePlus, NIH Library of Medicine

Children's Reactions to Traumatic Events

Children can have extreme reactions to traumatic events, but their symptoms may not be the same as those seen in adults. In children younger than age 6, symptoms can include:

- Wetting the bed after having learned to use the toilet
- Forgetting how to talk or being unable to talk
- Acting out the scary event during playtime
- Being unusually clingy with a parent or other adult Source: nimh.nih.org

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

The Behavioral Health Urgent Care Center is located at the east side of the new GHS services center, 1040 W. Bristol Rd., Flint 48507. 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 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

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

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:KnowYourOnlinePharmacy
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.
Board of Directors 10/23, 4 p.m.
Region 10, Fri, 10/17, 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, 10/13, 5:15
Advisory, 10/2, 6 p.m.
Ends, 10/27, 5:15

Smiles are free and contagious!