Common Bond

National Alliance on Mental Illness
Genesee County

(810)232-6498 – www.namigenesee.org namigenesee@gmail.com November 2026

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. No Family Support on November 26

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 Location: Latinx Technology & Community Center, 2101 Lewis St, Flint, MI 48506 Saturdays 11/14/26 and 11/28/26, 11 a.m.-12:30 p.m.
Sábado 14 de noviembre de 2026
Sabado 28 de noviembre 2026
Information: Paul Rene Fereira Family Support Group Facilitator. 810-715-5050. Ubicación: 2101 Lewis St, Flint, MI 48506.

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 next 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

You Can Still Support NAMIWALKS

NAMIWALKS supports services of NAMI MI and affiliates. www.namimi.org Please designate NAMI Genesee County as your affiliate. Donate financially if you can. Information: (517)853-0952 nickbabcock@namini.org

Earn CE Credits with Select On-Demand Webinars

A range of NAMI Ask the Expert webinars is now available on demand for continuing education credit through CE4less. Courses cover suicide prevention, grief and loss, youth mental health, treatment and emerging research, physical health and other topics. Learners can purchase individual courses or access courses through a subscription. CE4less.com/ce-course-categary/nami-ask-the-expert ##

Donate Wisely, How to Check

To check non-profits, go to the following websites:
www.charitywatch.org
www.charitynavigator.org
www.charities.org

NAMI national, The Brain and Behavior Research Foundation and Mental Health American all have A ratings from Charity Watch. ##

NAMI COMMON BOND

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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.

Social Anxiety Disorder

A person with social anxiety disorder feels symptoms of anxiety or fear in situations where they may be scrutinized, evaluated, or judged by others, such as speaking in public, meeting new people, dating, being on a job interview, answering a question in class, asking for help, or having to talk to a cashier in a store. Doing everyday things, such as eating or drinking in front of others or using a public restroom, may also cause anxiety or fear due to concerns about being humiliated, judged, or rejected.

This fear often feels uncontrollable and can interfere with daily life. People with social anxiety disorder may worry about engaging in social situations for weeks before they happen. Sometimes, they end up avoiding places or events that cause distress or generate feelings of embarrassment. In some cases, anxiety may arise only during performance situations such as giving a speech, competing in a sports game, or playing a musical instrument on stage.
Social anxiety disorder usually starts during childhood or adolescence and may resemble extreme shyness or avoidance of public situations or social interactions. It occurs more frequently in women than in men, and this difference is more pronounced in adolescents and young adults. With the right treatment and support, people with social anxiety disorder can manage their anxiety and improve their quality of life.

People with social anxiety disorder may:

- Blush, sweat, or tremble
- Have a rapid heart rate
- Feel their "mind going blank," or feel sick to their stomach
- Have a rigid body posture or speak with an overly soft voice
- Find it difficult to make eye contact, be around people they don't know, or talk to people in social situations, even when they want to
- Feel self-consciousness or fear that people will judge them negatively
- Avoid places where there are other people or situations where they may have to interact with others
- Analyze their performance and identify self-perceived flaws in interactions
- Expect the worst possible consequences from a negative social situation

Children and teens with social anxiety disorder may experience similar symptoms to adults, but also may:

- Try to avoid going to school
- Have difficulty making friends
- Complain of stomachaches or headaches
- Have emotional outbursts in social situations

- Refuse to speak or participate in social situations

For a diagnosis, these feelings must last at least 6 months and interfere with daily life, such as work, school, or relationships.

If you think you're experiencing symptoms of social anxiety disorder, talk to a health care provider, such as a primary care doctor, psychiatrist, psychologist, or clinical social worker. They might suggest a physical exam to make sure there is no physical cause for the symptoms. Treatment for social anxiety disorder typically involves psychotherapy, medication, or both. A support group might be helpful. Source: nimh.nih.gov ##

Synthetic Cannabinoids

Synthetic cannabinoids are a class of lab-made substances that are chemically similar the cannabis plant, though they often produce stronger effects. Illegally made synthetic cannabinoids are usually added to liquid cartridges used in vaping devices or added to dried, shredded plant material so they can be smoked.

Synthetic cannabinoids have effects similar to cannabis (marijuana) but stronger. They cause health risks more severe than cannabis. Effects may include:

- Increased heart rate and blood pressure.
- Unconsciousness.
- Tremors and seizures.
- Nausea and vomiting.
- Numbness and tingling.
- Death by heart attack or organ failure.
- Accidental overdose deaths

There are no FDA approved medications to treat cannabis use disorders.Source:nida.nih.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. ##

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.ccsgc.org/onestophousing
OneStopHousing@ccsgc.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. 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, November

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., 11/19, 2026 4 p.m.
Region 10, Fri, 11, 20, 9 a.m., Port Huron
Agency closed November 26-27.

Saginaw Co. CMHA Board
(989)797-3400 sccmha.org
Meetings are held at 500 Hancock St, Saginaw, Michigan 48602
Advisory, 11/5/26, 6 p.m.
Board, Mon., 1/9/26, 5:15, p.m.
Ends, 11/23/26, 5:15 p.m.
Recipient Rights, Wed. 11/18/26
11/23/26, Ends, 5:15 p.m.,
Executive Limitations 6:15 p.m.