

With more than 1,200 affiliates, NAMI is America's largest grassroots mental health organization dedicated to improving the lives of all individuals affected by mental illness.



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**NAMI Columbus**

P.O. Box 8581  
Columbus, GA 31908  
(706) 320-3755  
Email: [info@NAMICols.org](mailto:info@NAMICols.org)  
[www.nami.org/sites/NAMIColumbusGA](http://www.nami.org/sites/NAMIColumbusGA)



**Board of Directors**

- Frank Dunford, President
- Sue Marlowe, Vice President
- Charles Clark, Secretary
- Vacant, Treasurer
- Rick Kelly
- Timothy Vance
- Kristine Walls
- Vacant
- Vacant

- Perry Alexander, Advisor
- Buddy Coiner, Advisor
- Doris Keene, Advisor
- Steve Scott, Advisor
- David Wallace, Advisor



**Georgia Crisis & Access Line**

Single Point of Entry to access mental health, addictive disease and crisis services  
24/7/365  
1-800-715-4225



**Peer Support "Warm Line"**

1-888-945-1414 (toll-free)  
The Georgia Mental Health Consumer Network operates a state-funded, consumer-directed "warm line" for anyone struggling with mental health issues, 24 hours a day



**Anka BHL ACT Team**

706-225-2301

## Laughter Yoga

**Monday, August 20, 2012**  
**Education Meeting 6:00 PM**  
**CONTACT Training Building – 1520 22<sup>nd</sup> Street**



At the 2012 NAMI Georgia Annual Conference last May, much laughter was heard coming from one of the workshops. It turned out to be a "Laughter Yoga Workshop". Two of our members were intrigued by the concept and so in July when NAMI Albany notified us of a Laughter Yoga Leadership Training they went and were trained as Laughter Yoga Leaders.

The mental wellness benefits of laughter are well documented and, in fact, the trainees learned that our brains do not know the difference between genuine laughter and laughter "for no reason". In our weekly support groups, the 9<sup>th</sup> Principle of Support is "We embrace humor as healthy". Many of us believe that laughter is the best and cheapest "medicine" as we find our way to mental health. Laughter Yoga combines the benefits of laughter and the benefits of yoga deep breathing.

Laughter is nature's instant stress release valve and contributes to physical, emotional and mental wellness. The Centers for Disease Control and Prevention state that 90 percent of doctor visits in the U.S. may be triggered by a stress-related illness.

Please plan on attending, **Monday, August 20<sup>th</sup> at 6 PM**. Come see what Laughter Yoga is all about. Our two Laughter Yoga Leaders would like to "practice" their new skills with you and then they are hoping to deliver Laughter Yoga sessions for patients at The Bradley Center and West Central Georgia Regional Hospital as well as consumers who are in the day treatment programs at Americanwork, New Horizons and The Bradley Center.

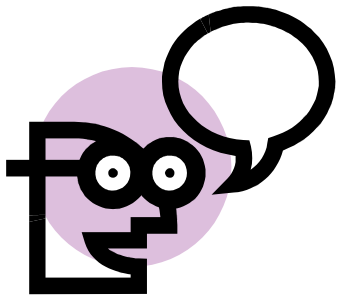
**SPECIAL INSERT**

There are so many new things going on with NAMI Columbus these days and we want you to know about them. With this newsletter is a special insert describing the programs that we currently have in place in Columbus.

We are offering an array of supports, educational classes and advocacy services. More than ever NAMI Columbus is energetically answering the needs of mental health professionals, families and consumers. We invite you to volunteer for something you have a passion for.

## Upcoming Events

August 2012	September 2012
06 Mental Health Court Graduation 20 Monthly Ed. Program- <b>Laughter Yoga</b> 20-22 International CIT Conv.- Las Vegas, NV 27-31 Muscogee County Sheriff's Office CIT	02-08 Suicide Prevention Week 06 Stop a Suicide Today Day 06 Family-to-Family Class Begins (12 wks) 08 World Suicide Prevention Day 17 Monthly Ed Pgm- <b>Suicide, Lessons Learned</b> 21 Candlelight Walk-West Central Regional 30 Peer-to-Peer Class Begins (10 weeks)
October 2012	November 2012
7 -13 MIAW (MI Awareness Week) 09 National Day of Prayer for Mental Illness 11 Depression Screening & Bipolar Awareness 15-19 Columbus Police Dept. CIT 15 Monthly Education Program 26-27 NAMI Cols Semi-annual Yard Sale 27 Make a Difference Day	04 NAMI GA Walks—Turner Field, Atlanta 05 Mental Health Court Graduation 11-17 Mental Health Wellness Week 17 National Survivors of Suicide Day 19 Monthly Ed Program & Board Election 26-30 Muscogee County Sheriff's Office CIT



## Frankly Speaking

Hello Everyone,

I hope everyone has had a chance to enjoy a vacation this summer. It has been a long busy season for us at NAMI Columbus. Our volunteers have been working diligently to facilitate, teach, host, and plan all of our activities. I can't tell you enough how important the work you do is; and we need to continue to recruit even more volunteers. We are short-handed in some areas. We need more facilitators for NAMI Connection groups. We had another NAMI Connection facilitator training this past weekend for 7 new facilitator volunteers, but more are still needed. And we need an assistant for Sue Marlowe to aid her in planning the Crisis Intervention Team training classes. We could also use some more In Our Own Voice presenters since it has become more popular with different organizations.

I also want to remind all of our **volunteers** about the meeting on **September 5th, 2012** at the Contact Center at **5 PM**. Please make every effort to attend as we will be covering some very important issues and subjects that affect us all.

The NAMI Walk is November 4th, so we need to form a large contingent and raise as much money as possible. I'd really like for us to take at least 40 people to Turner Field for a great time. In the meantime, take care and thank you so much for being a part of the best NAMI affiliate in Georgia.

Sincerely,

*Frank Dunford*

Frank Dunford  
President, NAMI Columbus



**Mental Health Care gets my VOTE!**

Help make mental health care a priority for this election!

- DO you know what every candidate's position is on mental health issues?
- What candidates believe MATTERS.
- NAMI will be closely monitoring the candidates.  
# # #



**2012 NAMIWalks Georgia in Atlanta**  
"Covering All Bases for Mental Illness"  
Sunday, November 4, 2012  
Turner Field  
Distance: 2 miles  
Check In: 10 AM  
Walk Start: 11:30 AM

NAMI Georgia is committed to helping relieve the suffering and improve the quality of life for Georgians living with mental illness and their families. All across the state our chapters provide support right in your community through support group meetings and educational classes. These groups provide a place that offers respect, understanding, encouragement, and hope.

NAMIWalks Georgia in Atlanta is an opportunity to help support these programs. The proceeds from this walk will go right back into your community, helping your friends, family, and neighbors living with mental illness.

**Try our NAMIWalks App!** Have a Smartphone? Fundraising and managing your fundraising page is easy on our new Mobile Fundraising App. Download for free now by clicking on the images in the left navigation bar.

**For more information about this event, please contact:**

Marc Gibbons (Georgia Walk Coordinator)

[gibbonsmarc@namiga.org](mailto:gibbonsmarc@namiga.org)

(678) 923-2957

or

Shane McCauley (Metro Atlanta Walk Manager)

[shane.mccauley.nami@gmail.com](mailto:shane.mccauley.nami@gmail.com)

(404) 547-9180

**Please mail Matching Gifts and Offline Donations to:**

**NAMI Georgia**

3050 Presidential Dr. Suite 202

Atlanta, GA 30340

**NAME OUR COLUMBUS WALK TEAM**

NAMI COLUMBUS WOULD LIKE TO FORM ONE LARGE WALK TEAM. WE NEED A NAME FOR THIS TEAM THAT WOULD BE COMPRISED OF OUR MEMBERS AND SUPPORTERS.

WE ALSO HOPE THAT EMPLOYEES FROM OUR LOCAL COMPANIES AND PROVIDERS OF MENTAL HEALTH SERVICES WILL SHOW THEIR SUPPORT BY FORMING TEAMS.

e-mail [info@namicols.org](mailto:info@namicols.org) or call 706.320.3755 with your suggestion(s)



# Columbus

P.O. Box 8581  
Columbus, GA 31908  
(706) 320-3755  
**Our Area's Voice on Mental Illness**

## Support Our Support (Groups)



Many people find their way to our classes by first attending a support group. If you are a NAMI Columbus "long timer" (we don't want to call you old), please attend either of the two weekly NAMI Connection support groups or the weekly Family support group. Newcomers can use your wisdom and hard-earned experience. Sharing a message of recovery gives the hope they are searching for. Many people tell us that the NAMI motto "**You Are Not Alone**" is the initial feeling they realize at their first meeting. If you are willing to train to be a support group facilitator, let us know!

### I want to support NAMI Columbus and NAMI's mission.

*✂ Please Cut and Mail ✂*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Numbers (do not enter a number if you do not want to be listed in the Membership Directory (members only).  
\_\_\_\_\_

E-Mail (Please include so we can be green and email you our monthly newsletter.)  
\_\_\_\_\_

#### **Please check type of membership desired:**

- Individual Membership \$35 Dues
- Professional Membership \$50 Dues  
*(Individual and Professional Dues are for one year and are tax deductible.)*
- \$3 Open Door Membership (low income)
- I am not joining at this time, but I would like to make a contribution of \$ \_\_\_\_\_. (Thank you!!!)

NAMI National, NAMI Georgia and NAMI Columbus are dedicated to eradicating stigma and improving the lives of persons with mental illnesses thereby also benefiting their friends, family and community. Catch the wave and be a part of change.

NAMI Columbus is one of the largest affiliates in Georgia. We are a 501(c)3 non-profit charitable organization. Dues and donations are tax deductible. Membership includes a subscription to our monthly newsletter, membership directory, and access to immediate news on advocacy, treatment and support issues from our national, state and local organizations.

Please make checks payable to:

**NAMI Columbus**  
P.O. Box 8581  
Columbus, Georgia 31908

You can also join safely online at [www.nami.org/join](http://www.nami.org/join) (\$35.00 by credit card).