



NAMI

Pensacola

National Alliance on Mental Illness

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Join NAMI Pensacola in “Ending the Silence” This Month

NAMI (National Alliance on Mental Illness) works every day to raise awareness and educate the public about mental illness. The month of May is a time when we can join forces with others in our community to make a bigger statement by observing Mental Health Month. Highlighting mental health issues during May provides a time for people to come together and display the strength of those working to improve the lives of the 60 million Americans, one in four adults, affected by mental illness.



NAMI Pensacola will hold the 2017 NAMI Walk to “End the Silence” on Saturday, May 20 at Blue Wahoos stadium and the Vince Whibbs, Sr Community Maritime Park, starting at 8am. Walk registration is just \$20 and includes a NAMI Walk tee-shirt. Registration starts at 6am, and preregistration is via our website, namipensacola.com. Sponsorships are also available.

A grass-roots not-for-profit corporation, NAMI Pensacola is staffed entirely by volunteers, and all donations are tax deductible. Our programs are free to the public. Funds raised by the NAMI Walk in 2016 enabled us to send two members to Connection training and three members to Family to Family training. This year, we hope to expand training for NAMI programs, including the Peer to Peer course, and to fund medication assistance and transportation to medical appointments for those who cannot afford it.

But more importantly, we seek to raise awareness of the plight of the mentally ill. Underserved, misunderstood and at the bottom of the totem pole in terms of public dollars allocated for research and cutting-edge treatment, the mentally ill deserve better. The state of Florida is 50th in the nation in terms of mental health funding. This is your opportunity to add your voice to those calling for change.

For more information on the 2017 NAMI Walk, visit our website, namipensacola.com, call 208-1609, or email namipensacola@gmail.com.

Connections Support Group Temporarily Suspended

We regret to announce that the Connections Recovery Support Group has been temporarily suspended, due to health concerns on the part of the facilitator. The program is being suspended until we can get more facilitators trained. We have found two excellent candidates who have agreed to go for training as soon as it is available. We will keep you informed.

Family Support Meeting Offers Solace and Information

The 2nd Thursday Family Support Meeting starts at 6pm, to make it more convenient for attendees who are headed home from work. A mental health professional from **Lakeview Center** will be present to answer questions or provide direction for those who need help with their mentally ill family member or friend. Or even for themselves at a very difficult time for them. This is a wonderful opportunity to bring your issues and concerns to a professional in a relaxed setting. This meeting does not take the place of mental health counseling.

This month another experienced Lakeview employee will attend the meeting to provide this service. In addition, **Tasa Isaak, MS., CMHP, Director of Adult Case Management Systems** at Lakeview Center, will still be available to take phone calls on her direct line during working hours, (850) 469-3565, or at the **Case Management Office (Sarah)** at (850) 469-3805, if she is away from desk.

The Family Support Meeting will be held **Thursday, May 11, 6:00-7:30pm** at Lakeview Center, Building I, 1995 N H Street (between Hernandez & Lakeview). For more information, email nampensacola@gmail.com or call 208-1609.

Monthly Meetings for May for Family & Friends:

Second Thursday **Family Support Meeting**, Thursday, May 11, 6 to 7:30pm, at Lakeview Center, Building I, 1995 N H Street (between Hernandez & Lakeview). At the family support meeting, you can talk informally with NAMI members and bring your concerns to a health professional as well.

Fourth Thursday **Educational Meeting** has been cancelled for this month.

The NAMI 2017 Walk:

Open to all who wish to support mental health reform, the walk will take place Saturday, May 20 at Blue Wahoos Stadium and the Vince Whibbs, Sr Community Maritime Park. Dr. David Josephs will speak on "Ending the Silence." (See page one.)

Another Way to "End the Silence"

After Demi Lovato was diagnosed with bipolar disorder, instead of hiding it she parteed wit Be Vocal, a campaign devoted to getting people to speak up about mental illness and the stigma around it. You can visit the website at: <http://www.bevocalspeakup.com>. We all need to find more ways to fight stigma!

