



Southeast
Indiana

UPDATE

January 2021

Hello NAMI Friends!

Mental Health First Aid

A Mental Health First Aid class will be offered virtually on Thursday, January 21, 2021, 9 am-4 pm. Registration is required, and cost is \$50. Scholarships are available. A person you know could be experiencing a mental health or substance use problem. Learn how to develop an action plan. You are more likely to encounter someone in an emotional or mental health crisis than someone having a heart attack. You'll find the details on NAMI Indiana's website:

<https://www.namiindiana.org/>

NAMI Family-to-Family (F2F)

This is a perfect time to sign up for an in-depth, free education program to learn how to help loved ones experiencing mental illness. The Family-to-Family Education Program is the foundation of the National Alliance on Mental Illness and is evidenced-based. You can definitely improve the life of your loved one and of your own life by joining this program. There are 8 sessions, each 2 ½ hours long. NAMI SW Ohio has programs starting soon virtually:

<https://namiswoh.org/for-families-and-caregivers/nami-family-to-family/>

Hope for Recovery

An alternative education program, for those who don't have time to participate in the Family-to-Family class described above, is Hope for Recovery. This is a free, 6-hour program on select Saturdays. It highlights some of the concepts in the F2F classes. This is also offered virtually by NAMI SW OH:

<https://namiswoh.org/hope-for-recovery/>

Support Groups

West Central Indiana's NAMI Support Groups Virtually

There are high praises being expressed about NAMI West Central Indiana's support groups. Since they meet virtually, this may be an easy time to check them out. They have a **Connection** group for people living with mental illness. The Connection Group meets twice a week, or you can select which time of

day you prefer. A more unique offering is a **Writing Group!** Plus, a **Family Support Group** is offered. If these groups inspire anyone to want to start such a group in SE IN, please call Kathy at 812-577-9297. Here's the link to West Central Indiana with details:

<http://www.nami-wci.org/>

Lawrenceburg NAMI Family Support Group -VIRTUALLY

The Lawrenceburg Family Support Group is held the **first Wednesday** of every month (except for holidays). The group is for family members of those living with mental illness. The monthly meetings are now virtual. In case of an emergency, NAMI requires you to first register by email to Kathy at kathbb@comcast.net or call 812-577-9297. She needs your full name, email address, physical address, your phone number and emergency contact phone number. Meetings are open and newcomers are always welcome. The next meeting is **Wednesday, January 6, 6:30 PM-8 PM**. Those who are registered will receive a link prior to the scheduled meeting.

Madison NAMI Family Support Group Has Resumed Face-to-Face Meetings!

The Madison Family Support Group meets at **The Clearing House**, 100 E. 2nd St., Madison, IN 47250 on the **second Thursday** of each month, **6-7:30pm**, in the Board Room. During the pandemic participants must socially distance and wear a mask. Masks are available at the welcome desk if needed. Questions call 812-292-1047. The group is for family members and loved ones of those with living with mental illness. The next meeting will be **Thursday, January 14, 2021**.

South Central Indiana NAMI Family Support Group, Columbus, Temporarily Postponed

The South-Central Family Support Group meets at the First Christian Church at 4th and Lafayette, Columbus, IN on the **1st Tuesday** of each month from **7 to 8:30 p.m.** Meetings are open to families and those who have a family member suffering from a mental illness. Confidentiality is treasured. Contact: Annette Kleinhenz, 812-344-1588, akkleinhenz@yahoo.com The next meeting is **temporarily postponed**.

Wishing you peace and health!

Kathy Barnum

812-577-9297