

June 2018 Newsletter

It's OK to Talk about Mental Illness

Carson Daly opens up about his anxiety disorder

Carson Daly, host of The Voice and Today Show anchor, opens up about his anxiety disorder: "I know I'm going to be OK"

Carson revealed on the Today Show that **he has generalized anxiety disorder and discusses his methods of coping with it.**



Mariah Carey talks about having been diagnosed with bipolar disorder

Mariah Carey says that for years she didn't want to believe her diagnosis, **but now the superstar singer is proud to share.**

NAMI San Diego turns 40!



NAMI San Diego is celebrating our 40th Anniversary this year! The San Diego affiliate of NAMI began in the early 1970s as a group called "Parents of Adult Schizophrenics." These

parents met around their kitchen tables to give each other support in this era during which parents were thought to be the cause of their children's mental illness. In 1978, the chapter incorporated to officially become NAMI San Diego

To celebrate our 40th Year Anniversary we will be hosting several activities from June - December 2018

By combining our theme for this year **"It's OK to Talk About..."** and honoring our roots, we are embracing the phrase **"Lets Keep Talking Around the Table"** for our Anniversary Activities

Helpline Numbers



ACCESS & CRISIS LINE

(888) 724-7240 / 24 hrs a day, 7 days a week

Provides mental health **CRISIS** intervention, information and referrals to mental health services in San Diego County.



NAMI SD FAMILY & PEER SUPPORT HELPLINE

(800) 523-5933 / M-F 9am-5pm

Provides **RESOURCES** for mental health issues in SD County.
Please allow time for a volunteer to return your call.



NAT'L SUICIDE PREVENTION LIFELINE

(800) 273-8255

24 hrs a day, 7 days a week

Provides mental health **SUICIDE** intervention.

Jewish Family Services

Patient Advocacy Program

Patient Advocates work with individuals living in either a 24-hr psychiatric hospital or a board & care facility to ensure all of their rights are being respected.

(619) 282-1134 or (800) 479-2233

Monday - Friday: 8am-5pm

The Consumer Center for Health, Education & Advocacy

If you need help getting mental health services or if you have a complaint or grievance, call or write:

1764 San Diego Ave, 2nd Floor

San Diego, 92110

Toll Free: 1-877-734-3258

Monday - Friday: 9am-5pm

Education & Advocacy



Education & Advocacy

1st Thursday every month with rotating speakers on various topics.

Free Meetings
RSVP to attend

JUNE 7th @ 3pm

Topic: "Don't Get Hooked": Preventing Financial Abuse, Scams & Fraud

Guest Speaker: Anabel Kuykendall, Outreach & Education Aging &

Independence Services with County of SD Health & Human Services

Agency

5095 Murphy Canyon Road

Suite #320

San Diego, 92123

Family-To-Family Courses

An Education Program for Families and Friends over the age of 18, who have a loved one also over the age of 18, who live with a mental health challenge.

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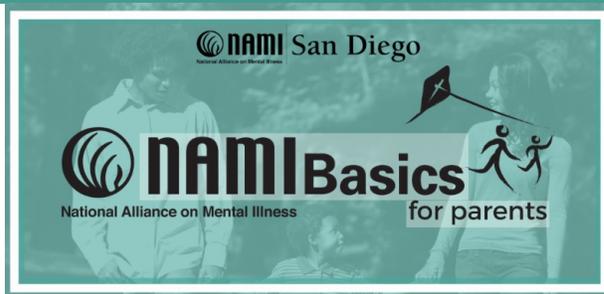
The 12-week Family-to-Family Course Topics Include:

- Current Information on Schizophrenia, Anxiety Disorder, Obsessive-Compulsive Disorder, Borderline Personality Disorder, Bipolar Disorder and Depression
- Basic Brain Biology
- Problem Solving Workshop
- Medication Review & Side Effects
- Communication Skills Workshop
- Empathy Workshop - What it's Like to Have a Brain Disorder
- Rehabilitation Services - What's Available
- Advocacy - Fighting Stigma
- Self-Care

[Click here for Course Details](#)

Please check this [LINK](#) periodically for courses open for registration.

NAMI Basics for Parents



[Click for details](#)

NAMI Basics is a **free** 6-week class designed for parents and caregivers of children and adolescents under age 18 with emotional and behavioral difficulties.

NAMI Basics helps parents and caregivers understand the illnesses that are causing these difficulties, and the critical role families play in the treatment of these illnesses.

Beginning July 21st (Sat. mornings) 10:00 AM- 12:30 PM <http://bit.ly/BasicsJuly2018>

Side By Side Orientation

The purpose of the NAMI San Diego Side by Side program is to connect an individual who lives with a mental health condition with a Companion. Participants and Companions have the opportunity to meet up in the community. **Looking for Volunteers!**

[Join us! Click for details](#)

 **Side By Side Orientation**

Become a Side by Side COMPANION and Make a Difference in Another's Mental Health Journey!

Family Meeting Schedule & General Support Groups



San Diego

FAMILY MEETING SCHEDULE & GENERAL SUPPORT GROUPS

(ADULTS 18 & OLDER with a loved one over the age of 18)

FAMILY SUPPORT GROUPS
IN ENGLISH

FAMILY SUPPORT GROUPS
IN SPANISH

TOPIC SUPPORT GROUPS

for Adults 18 & older with loved ones of any age

[Click for Support Group Listings](#)

Peer & Consumer Support Groups



NAMI San Diego's Connections Support Groups are **FREE**, and you can drop in without registering! These support groups are only open to people who have a mental illness. NAMI Connections is a casual and relaxed environment where you can share the challenges and successes you've had while coping with mental illness.

[Click for details](#)
[NAMIConnection](#)

CLUBHOUSES

Clubhouses offer **FREE** support for adults recovering from mental illness. (No treatment provided). They provide classes for vocational training, health & nutrition, physical fitness, computer technology and skill-building. They can also supply you with potential volunteer opportunities in the area.

[Click for details](#)
[Clubhouses](#)

Careers at NAMI San Diego

We invite you to apply for any of our [current employment opportunities](#). To apply for a position, please submit your cover letter and resume in one of the following ways.

How to apply:

- E-mail your resume to jobs@namisd.org unless otherwise noted on the job announcement.
- Fax your resume to NAMI San Diego at (858) 634-6585

NAMI San Diego is a non-profit organization, providing education, support services, and advocacy to improve the quality of life to everyone affected by mental illness

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