



# Inland Valley NEWS

Happy September!

September is Suicide Prevention Month in the US and acknowledge world wide on Sept 10th. Suicide Prevention is a cause near and dear to my heart. I hope you all will do two things in honor of all of us that have lost a loved one to suicide: 1. Visit [nami.org/suicideprevention](http://nami.org/suicideprevention) to learn more about the warning signs of suicide. 2. Share 988- the mental health crisis line with those you know.



## ARE YOU READY FOR NAMI WALKS 2023?!?

This year we will be featuring two walks including our first ever walk in the High Desert! The High Desert Walk will be **Oct 21st from 3-7pm at Victor Valley College**. There will also be a walk on Nov 4th from 9am-Noon at Diamond Valley Lake in Hemet. When you register, you can walk at either event. Remember NAMIWalks is our main fundraiser for the year and all monies raised go to funding the education and support groups we provide in the desert. So [register today](#) and [select NAMI Inland Valley](#) as your affiliate to support!

## JOIN NAMI INLAND VALLEY TODAY!

We are currently recruiting for several board positions. Do you have experience, formal or informal, in community outreach, fundraising, or leadership? We need you to help us move our affiliate to the next level!

Did you know that our board is made up of volunteers who live and work in the High Desert? We are passionate about **#MentalHealthForAll** in our community. If you are interested, please email us for an application: [info@namiinlandvalley.org](mailto:info@namiinlandvalley.org).

Our board meeting is held on the 3rd Thursday of the month from 11:30 AM – 1 PM, at 14318 California Ave., Suite 110, Victorville, CA 92392. **The meeting is open to the public from 12 – 1 PM.**



[Like us on Facebook!](#)



The banner features the NAMI logo at the top center. To the left, there are three contact options: 'Text "Friend" to 62640', 'Email helpline@nami.org', and 'Call 800-950-NAMI (6264)'. To the right, there is a 'Visit nami.org/help for webchat' option. The main text reads: 'NAMI TEEN AND YOUNG ADULT HELPLINE' followed by 'NAMI HelpLine has launched a new Teen and Young Adult HelpLine service! Volunteer Specialists can be reached Monday - Friday from 10am to 10pm ET'. At the bottom, there is an illustration of diverse people and the 'NAMI HelpLine' logo.

## NAMI Youth and Young Adult HelpLine Has Launched

More than 4 in 10 youth felt persistently sad or hopeless in 2021 and 1 out of 3 students experienced poor mental health.

The NAMI Teen and Young Adult (TYA) HelpLine is a free, nationwide teen and young adult peer-support service providing information, resource referrals and support to teens and young adults going through a difficult time.

## Attend a support group this month and bring a friend!

### Family Support Group

For adult (18+) family members that have a loved one living with mental illness. Family members can **talk frankly** about their challenges and help one another through their **learned wisdom**. These meetings are facilitated by trained NAMI members and they provide emotional **support and resources** that can help family members with a loved one living with mental illness.

Meetings are held on the **2nd Thursday** of the month from **6 – 7:30 PM** via Zoom. You will need to [register in advance](#).

### Connections

For adults (18+) living with a mental health condition. This group promotes: social **connection** and support, **compassion**, mindfulness, self-care and communication, and is led by a facilitator who themselves live with mental illness.

Meetings are held in person and on Zoom simultaneously on the **2nd and 4th Thursday** of the month from **6 – 7:30 PM**.

The in-person meetings will be held at the Ascension Lutheran Church, 22130 Ottawa Rd, Apple Valley, CA 92308. You will need to [register in advance](#) for the Zoom meeting.



Are you interested in being a teacher or facilitator for NAMI Inland Valley? We are building an interest list for those who would like to be trained for free and support our communities mental health needs.

To qualify:

- Be a NAMI member
- Be a family member of a person with a mental illness -or-
- A person with a mental illness in recovery
- Aged 18 or over
- Be committed to following the NAMI model
- Prior participation in a NAMI course or support group is preferred
- Bilingual in Spanish a plus.

To join the list, please send your contact information to: [info@namiinlandvalley.org](mailto:info@namiinlandvalley.org)

## BECOME A MEMBER TODAY

NAMI Inland Valley remains committed to serving our members. Your membership helps sustain our work and drive the change we need in our community.

What does your membership get you?  
A NAMI Swag Bag (for new members)  
Discounted access to NAMI IV events  
Volunteer opportunities

[Join Here](#)



 760-217-4109

 [Info@namiinlandvalley.org](mailto:Info@namiinlandvalley.org)

 [namiinlandvalley.org](http://namiinlandvalley.org)