

March 2021 Newsletter

Inside this Issue:

NAMI Walks 2021: What You Need to Know

Mental Health in the News

Resources For You

Is there something you would like to see added in next month's newsletter? Email Liz at enewell1204@gmail.com!

You Are not Alone

No matter what, NAMI Amador is here for you. Your mental health journey is important to us and we are here to help as much as we can. For more information about our services, and what we do, visit www.namiamador.org.



The Importance of Intervention



Once again, America suffered a mass shooting, this time in Boulder, Colorado, last week where 10 people were killed at a supermarket. The brother of the shooter, supposedly has said that he thinks his brother suffered from mental illness, describing him as paranoid and anti-social. Equating mental illness to violence is dangerous and only further negatively impacts the stigma surrounding mental illness. Of the people living with mental illness, most of them have never thought of violence. Now more than ever is the time to step up and educate others about, and advocate for those with mental illness. Together, we will get through this.

Addicted to the Internet: Loneliness and Coronavirus

Due to the pandemic, teenagers have become increasingly lonely. A recent study conducted on 16, 17, and 18-year olds, monitored their internet usage and found that moderate internet usage had positive effects, but that loneliness in the teenagers led to compulsive internet usage, putting them at risk of developing depression, all from searching for a virtual sense of belonging. The study also found that 16-year old boys are at the highest risk, and that compulsive use of the internet led to poor academic performance. To read more about the study and its results, [Click Here](#).





SATURDAY,
MAY 22!

1 in 5 Adults

experience mental illness
each year in the U.S.

1 in 6 Youth

aged 6-17 experience a mental
health disorder each year in the U.S.

Walk with us

to raise awareness and funds that support free,
top-rated programs and services for our community.

Due to the Pandemic, this year's
NAMI Walks will be virtual again.

That means you can participate
from virtually anywhere! Join us in
your backyard, treadmill, or living
room! Get interactive via social
media, contests, and live feeds!

Follow NAMI Walks:

Instagram/Twitter:
@namiwalksnoreal

Facebook:
Northern California NAMI Walks

To register, or simply donate,
[Click Here](#)



**DONATE TO
SUPPORT
AMADOR
COUNTY'S
TEAM BELIEVE!**

**Join NAMI AMADOR's
TEAM BELIEVE TODAY!**

For more information, visit www.namiwalks.org Northern California

NAMIWalks Fundraising Recognition Program 2021!



namiWalks

YOUR WAY

2021

RECOGNITION PROGRAM

MENTAL HEALTH for all

\$100
Event T-Shirt

\$250
Bucket Hat, Water Bottle or Tank Top

\$500
Beach Blanket or Baseball Tee

\$1,000
Quad Chair or Polo

\$1,500
Speaker Cooler or Full Zip Hoodie

\$2,000
Cutter & Buck Jacket or Herschel Duffel Bag

- NAMIWalks recognition gifts \$250+ are based on the participant's donations turned in by the deadline (four weeks post-event). Recognition gifts are not cumulative; however, all participants who raise \$100 or more will receive a NAMIWalks T-shirt.

*You are not alone
in this.*

NAMI Amador's support groups and education courses remain virtual at this time, but that does not mean that we are not here for you. Our Connection Recovery connects with you every Thursday by phone, and our family support group is offered via zoom. For more information on these awesome resources and support, please visit our website, www.namiamador.org, or give us a call:

(209)-256-1293

Resources For You:

Phone Numbers:

NAMI Amador: 209-256-1293
Amador County Behavioral Health: 209-223-6412
Substance Abuse and Mental Health Services Administration's National Hotline: 1-800-662-HELP
Sierra Wind and Recovery Center: 209-223-1956
Victory Village Veteran's Center: 209-223-2286
Senior Center: 209-223-0442

For more information on our **Family Support Group** please contact group facilitator **Terri:** (209) 418-5615, or **Stacey:** (209)304-0868

For more information on our **Weekly Connection Support Group** contact group facilitator **Joelle Miller** and **Debbi Kempker:** (209)256-1293

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WELLNESS • RECOVERY • RESILIENCE