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NAMI on the Radio!

On March 16, Debbi and Shilpa from NAMI Amador will be on KVGC at 8:30AM to talk about NAMI's Peer to

KVGC
96.5FM • 1340AM

Peer Spring Course 2021. Tune in for More information about the course and how to register!

Are you interested in sharing your story with mental illness? Hearing other people's experiences with mental illness can help people going through their own struggles. Sometimes it helps hearing about someone going through the same thing. If you are interested, please email Liz at enewell1204@gmail.com. You may remain anonymous if you wish.





NAMI | Amador



Peer to Peer Education

FREE 8-WEEK COURSE

March 24th-May 12th, 2021, 10AM-2PM
via ZOOM and Telephone

- This course provides education about mental illness, emotional and practical support, independent problem solving, and relapse prevention.
- Led by NAMI State certified mentors and instructors, each class builds upon the prior one, so participants must sign up and attend all 8 sessions.

Contact Debbi or Shilpa for Registration Information:

209-256-1293



sponsored by: NAMI Amador and Amador County Behavioral Health with Mental Health Services Act Funding

WELLNESS • RECOVERY • RESILIENCE

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5 Ways to Express *Self-Love*

Did you show yourself some self-love this Valentine's Day? It's not too late! Here are some ways to treat yourself.



1. **Start a gratitude journal.** What are some things you are grateful for? Write them down and remind yourself of all the positives in your life.
2. **Nourish Yourself.** That's right, what you put into your body plays a big role in your mental health. Make sure to eat lots of bright fruits and vegetables, and drink enough water.
3. **Set Healthy Boundaries.** Don't be afraid to set boundaries with people. You come first.
4. **Surround Yourself with Positive People.** We've all heard the phrase, you are who you hang around. Well, it's true. Surround yourself with people who love and support you just as much as you.
5. **End all toxic relationships.** We all know when something isn't good for us. If it doesn't make you feel good, let it go.





MAY 22, 2021

On May 22, 2021, join NAMI Northern California as we walk to raise awareness about mental illness. Due to COVID, the event will be virtual like last year. You may participate from your living room, backyard, or bedroom! Get interactive through social media and live feeds.

To register, for more information, or simply donate, please visit www.namiwalks.org.

Mental Health in the News Black Nurses Struggling with Mental Health Support

18% of the Country's nurses who have died of COVID are black, even though they only make up 12% of the nurse population. With this in mind, black nurses across the country are dreading going to work, due to fear of the unknown. Nurses often times have the most contact with patients, getting to know them and their families. With most of their patients ending up in the ICU, the emotional toll adds up on our frontline workers. Black people have consistently received low quality health care across the Country, even before COVID. During this time, we see the importance of having adequate mental health care for all. It is time to stop the stigma surrounding mental health, preventing so many from getting the help they need. To learn more, please [Visit](#).





WHAT'S UP WITH OPIOIDS?

Let's unpack this together.

These free, ready-to-use opioid awareness/prevention programs and resources will help keep young people safe from opioid misuse and addiction.



www.WhatsUpWithOpioids.org



CLASSROOM PROGRAMS

Engage in vital conversations. Educators can find interactive lesson plans about opioids for middle and high school classrooms.



COMMUNITY WORKSHOPS

Keep your community safe. Leaders can find resources for leading discussions with young people. (Ideal for clubs, faith-based organizations, and other groups.)

A collaboration of Anthem and the National Urban League.



NAMI Amador

209-256-1293

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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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