



## NAMI Amador Monthly Newsletter 2021

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# Everyone has something to give, and every act of generosity counts.

On November 30, hundreds of millions of people all over the world will come together and promote the idea of generosity by donating to thousands of non-profits across the globe. Giving Tuesday has one mission: To encourage people to do good.

How to participate: To donate online, visit [www.giveamador.org](http://www.giveamador.org).

There is also a **LIVE** event at November 30, 2021 at Katherine Drexel, from 4:30 to 6:30pm.

## Georgia's Mental Health Crisis No One's Talking About.....

For years, the State of Georgia has struggled to maintain enough beds for their State psychiatric facilities. Coronavirus has made it even harder. With a high number of workers leaving their jobs for better pay, it has left the poor and underinsured with serious mental health conditions to suffer in emergency rooms, sometimes strapped down and held in isolation, until a room is available at one of the State's five psychiatric hospitals-while receiving no mental health care in the meantime. And the problem doesn't stop in Georgia. Virginia and Texas have both dealt with limited staffing and bed shortages. There are even shortages at private facilities across the nation-whose beds are also full. Those in the criminal system have been affected as well; Maine is currently trying to add state psychiatric beds and find places for those being held in jail who need mental health treatment. However, there are around 100 empty beds at Georgia's state psychiatric facilities that no one can occupy because there is no one who could take care of the people who would occupy them. To read more, [Click Here](#).

### 8 People Killed During Music Festival Leaves Attendees Traumatized

Artist Travis Scott's music festival That started in 2018, Astroworld, took A turn for the worse on Friday night. As soon as Travis hit the stage, fans Started pushing towards the stage- Until the people in the front had no Where to go. Fans started trampling And essentially crushing others to Death as they either tried to get close Or get out of the festival. People Tried to get out but were Unsuccessful. Festival goers describe the Event as traumatizing, leaving many of Them with PTSD and anxiety. It is hard to Stomach the lack of empathy that existed At the concert, and even more disturbing That Scott, who was informed of what was



Going on, kept performing. Even hearing the story has triggered many young people everywhere who were fans of Scott's before the tragic performance. To read more, [Click Here](#)

## ANNOUNCEMENTS

- CONNECTION RECOVERY on Thursdays will NOT be meeting on **November 11** or **November 25<sup>th</sup>** in honor of Veteran's Day and Thanksgiving.
- Don't miss NAMI Amador on KVGC for our radio spot at **8:30 AM:**  
**November 16, 2021**
- **Call (209)256-1293** for the Zoom link to this month's Board meeting  
**November 16, 2021**
- General Meeting and Support Group will be meeting:  
**November 30, 2021**

# 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: (209)256-1293

