

NAMI AMADOR:

OCTOBER 2020

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**CONNECTION:
RESPONSE TO
DRUG EPIDEMIC
RESOURCES FOR**

Covid-19 Update:

NAMI Amador's meetings continue to meet virtually as coronavirus is still prevalent in Amador County. Please continue to check our website, www.namiamador.org, and our social media for updates and information on how to



FOLLOW US ON SOCIAL MEDIA!

INSTAGRAM: @NAMIAMADORCOUNTY

TWITTER: @NAMIAMADOR

FACEBOOK: WWW.FACEBOOK.COM/NAMIAMADOR

WEBSITE: WWW.NAMIAMADOR.ORG



Anxiety in America

Of all the mental illnesses affecting Americans, anxiety has consistently ranked number one for quite some time. Even though so many people deal with anxiety, most of them suffer in silence. Most people don't know that anxiety is a descriptor of a variety of anxiety disorders, not just one. Anxiety encompasses generalized anxiety disorder, panic disorder, social anxiety disorder, stress, Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD), and stress.

Due to the amount of anxiety disorders that exist, and the overall generalization of anxiety symptoms, most people do not understand the symptoms they experience and therefore do not receive the help they need.

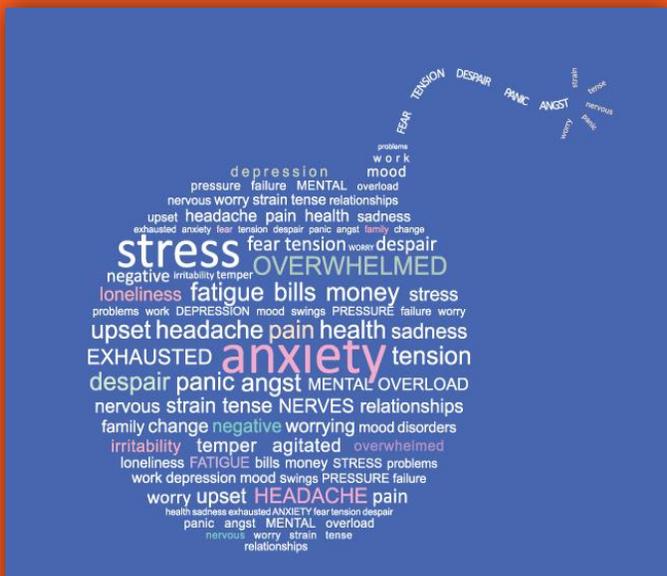
Anxiety disorders are very treatable, yet so many Americans do not get help. The fact that a stressful election is coming up, as well as being in the midst of a pandemic, is not helping the amount of people struggling with anxiety.

To learn more about anxiety and to find help: [Visit](#)

Walter Wallace Jr.



A young man was shot and killed by the Philadelphia Police in response to a mother's call for help with her bipolar son who was having "another one of his episodes." His mother told the police upon arrival that her son suffered from mental health issues, and the police knew about his mental health history as well, but proceeded to shoot him 10 times in front of his family for not dropping the knife he was holding. The details of the shooting are still being investigated, however this is the second large profile police shooting involving someone with a mental illness, and it calls into question police officer's response to such individuals and circumstances, and how important teaching de-escalation techniques is. For more information, [Click Here](#)



DECEMBER 1st. 2020



A Global Generosity Movement

Starting in 2012, Giving Tuesday is a day that encourages acts of kindness and supporting one another. It is also a day of giving, and many people donate to local organizations in their community as a way to give back. Communities across the Country, and now the world, participate in Giving Tuesday. This year, NAMI Amador and the rest of Amador County will be a part of Giving Tuesday. Each organization will have a text link that is used to donate to them specifically, valid only on Giving Tuesday. Please check our website and social media for NAMI Amador's number. You may also donate via telephone, and can give us a call at 209-256-1293. We look forward to your support in being able to give back to Amador County!

ACEs Science Implemented in a school district in order to combat drug epidemic!

A school district in Virginia decided to battle the methamphetamine and opioid crisis that affects their students by learning about the science of Adverse Childhood Experiences. The initiative implanted programs that helped make their school district trauma sensitive. This included creating sensory rooms, calming rooms, and safe spaces for students to utilize. There is also a free student led laundry service, free clothing available, and hygiene products for those who need them. To learn more about the school district's decision and how it has helped their students and district [Click](#)

Amador County's Virtual Resource Fair!

Are You CONNECTED?

To Your Community ~ Each Other
Support ~ Services

October 1st, 2020 2:00pm

Amador County

VIRTUAL

**COMMUNITY
RESOURCE FAIR**



**RESOURCES ~ SUPPORT ~ SERVICES
HEALTH ~ WELLNESS**

Join Zoom Meeting

<https://zoom.us/j/94848055138?pwd=SnhSUjZsN3FFNjh3YWt1dmZydGhSdz09>

Meeting ID: 948 4805 5138

Passcode: 665268

+1 669 900 6833 US (San Jose)

This Online Event is FREE and Everyone in the Community is Welcome

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

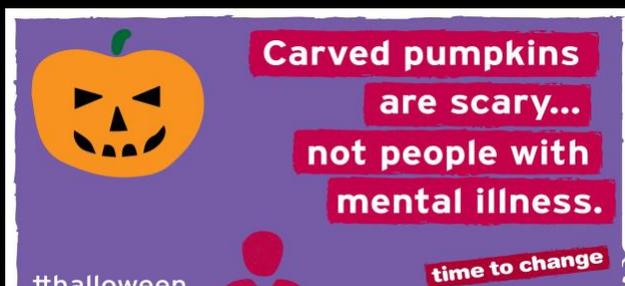
Sierra Wind and Recovery Center: 209-223-1956

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



Programs of NAMI Amador are supported in part by a California Mental Health Services Act contract with the Amador County Behavioral Health Department. NAMI Amador is a legal entity separate and distinct from NAMI, Inc. NAMI Amador is a California non-profit Corporation, and Federal tax exempt public charity, ID #: 87-0708427



