

Hello September



QPR
Question, Persuade, Refer

INSIDE THIS ISSUE:

- September is National Suicide Prevention Month
- Mental Health in the News
- Important Announcements from NAMI!
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Amador



Education and Advocacy Monthly Meeting

4th Tuesday of each month:
General Meeting: 5:30-6:40PM
Support: 7:00-8:30PM

- ☐ Occasional guest speakers, discussion on services, information about our education and advocacy efforts, classes and reports on local issues.

NEW LOCATION: Amador First Five
975 Broadway Avenue Jackson, CA 95642

Come join us! Open Meetings

Beginning June 22nd.

Sponsored by NAMI Amador and Amador County Behavioral Health with
Mental Health Services Act funding



WELLNESS • RECOVERY • RESILIENCE

NATIONAL SUICIDE PREVENTION AWARENESS MONTH 2021

NATIONAL

SUICIDE PREVENTION
LIFELINETM

1-800-273-TALK (8255)

suicidepreventionlifeline.org

With suicide being a leading cause of death in the United States, the need for spreading awareness and preventing suicides from happening is important now more than ever. All throughout the month, “mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.”

You can help raise awareness by participating in this year’s hashtag, #BeThe1To, and: Ask, Keep Them Safe, Be There, Help Them Connect, and Follow-Up with those you care about. To learn more about this month’s meaning and its importance, [Click Here](#).

#BeThe1To



NAMI Amador Connection Recovery Support Group

FREE Group for Adults with mental illness, regardless of the diagnosis; Led by trained individuals who are also in recovery.

EVERY THURSDAY:

10:00-11:30AM at

SIERRA WIND RECOVERY CENTER: 10354 Argonaut Ln, Jackson, CA 95642

&

1:00 to 2:30PM at

THE SENIOR CENTER: 229 New York Ranch Rd., Jackson CA 95642

Talk to people who understand



WELLNESS • RECOVERY • RESILIENCE

NAMI Amador: PO Box 482, Jackson CA 95642 209-256-1293.

Visit us at www.namiamador.org

Sponsored by NAMI Amador and Amador County Behavioral Health with Mental Health Services Act Funding.

MENTAL HEALTH IN THE NEWS



TIK TOK Rolling out Special Initiatives to Combat Suicide

The popular app among teens and young adults, TikTok, is raising awareness and doing its part to prevent suicide by providing support to those who potentially need it. The initiative includes redirecting users to resources if the search term, "suicide" is used. To learn more, please visit [Here](#)

First-Dose of COVID Vaccine Improving Mental Health

A recent survey of 8,003 participants resulted in researchers finding a correlation between improved mental health and receiving the first dose of the COVID-9 vaccine. "Researchers found that those who received their first dose of a vaccine between December 2020 and March 2021 experienced a 4 percent reduction in their risk of being mildly depressed." Those who did not get the vaccine, ended up feeling even more anxious and depressed. Although researchers did note that the people whose mental health improved were those who feared becoming deathly ill, it still shows an interesting link between the heavily debated shot and mental health. To read more about this survey, [Click Here](#)





ANNOUNCEMENTS & UPCOMING EVENTS

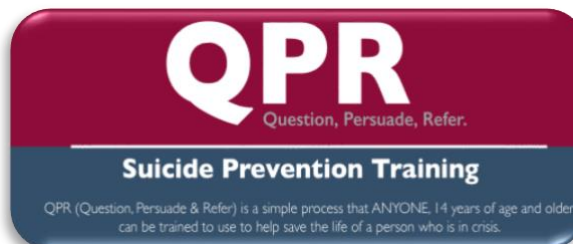


October 14-15, 2021 is this year's NAMI California's Annual Conference.

To register, please [Click Here](#)

October 19th, 2021, don't miss NAMI Amador on KVGC at 8:30AM!

- Please contact NAMI Amador for the Zoom link to our Board meeting October 19th!
- October 26th is NAMI Amador's General Meeting with a QPR (Question, Persuade, Refer) with special guest Ken Baldwin! Don't miss it!



Toddler PLAYGROUP September

FREE to children ages 0 - 5 and their
Mom, Dad, Grandparent, or Caregiver



**All In Person Playgroups and Curbside Kit
Pick-ups are held from 9:30 to 11:30 am**

Week of September 7

Week of September 20

MONDAYS – Camanche

Holiday

In Person Playgroup

Camanche Community Park

2603 Grapevine Gulch Road, Camanche

TUESDAYS – Jackson

Kit Pick-up

In Person Playgroup

First 5 Amador

975 Broadway, Jackson

WEDNESDAYS – Ione

Kit Pick-up

In Person Playgroup

Ione Train Park

1 East Main Street, Ione

THURSDAYS - Pine Grove

Kit Pick-up

In Person Playgroup

Pine Grove Park

19889 Highway 88, Pine Grove

Stay tuned for an updated Toddler Playgroup flyer every month, which
will list the dates for Kit Pick-ups and In Person Playgroups!



First 5 Amador

- 975 Broadway, Jackson CA 95642 • (209) 257-1092 • www.first5amador.com •
- [Facebook.com/first5amador](https://www.facebook.com/first5amador) • [Twitter.com/first5amador](https://www.twitter.com/first5amador) •



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**