



Chattanooga

July 2019

Our Mission

"to improve the quality of life for individuals with mental illness, their families and communities through mutual support, education and advocacy."

July is Minority Mental Health Month



Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background.

However, background and identity can make access to mental health treatment much more difficult.

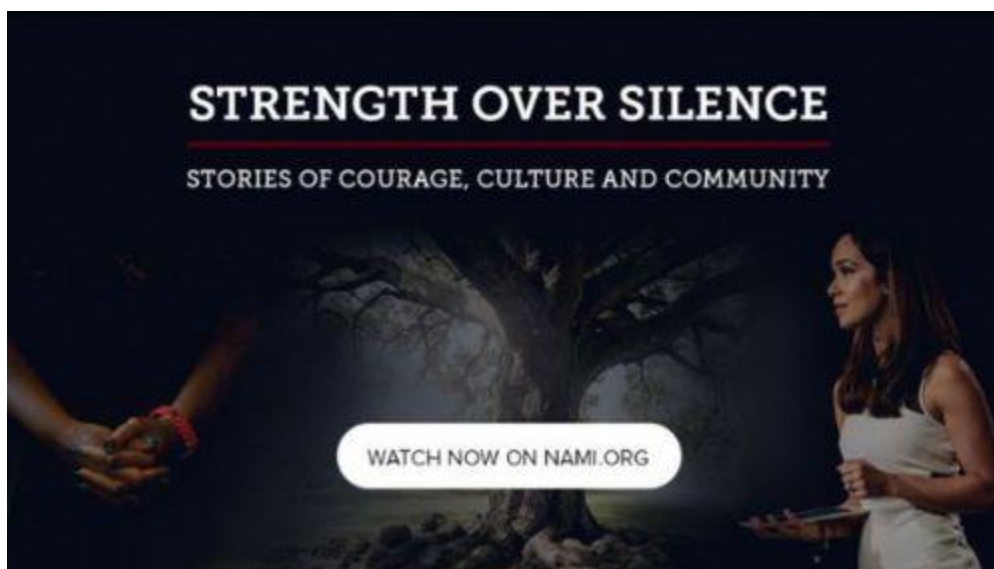
In 2008, the U.S. House of Representatives designated July as Bebe Moore Campbell National Minority Mental Health Awareness Month in honor of the leading African American novelist and journalist, who also was a voice for individuals and families affected by mental illness.

Minority Mental Health Facts:

- Mental health treatment differs among racial/ethnic identity groups and other minority communities. These disparities point to significant social and structural barriers to care.

- The highest prevalence of mental illness is among mixed/multiracial adults—nearly 1 in 3 reported that they experienced a mental illness in 2017.
- The lowest rate of treatment use is among Asian adults. Only 1 in 5 Asian adults with a mental illness reported that they received treatment in 2017.
- Gay, lesbian, or bisexual adults are more than 2x as likely to experience a mental illness compared to their heterosexual peers.

Strength over Silence: Watch the Series



Watch the NAMI docuseries, *Strength Over Silence: Stories of Courage, Culture and Community*. NAMI explores unique perspectives on mental health from the African-American and Latino communities.

Through candid and courageous stories of lived experience, these mental health champions share their journeys of resiliency and recovery.

Upcoming support group meetings

Tuesday, July 2nd,

11:30AM - 1:00PM

Wally's Restaurant on Ringgold Rd

Tuesday July 9, 6:30PM -8:00PM

Friendship House behind Hixson

United Methodist Church

5301 Old Hixson Pike, Hixson



Tuesday, July 16th, 6:30-8:00PM

Joe Johnson Mental Health Center,

420 Bell Ave, Chattanooga.

Calculator illustrates the effects of depression on work

Depression affects more than 16 million Americans and is the leading cause of disability worldwide, costing the U.S. economy \$210.5 billion per year in absenteeism, reduced productivity and medical costs.

The Depression Calculator for Employers uses

a wealth of the latest research to model how depression impacts a company or organization, based on just a few key demographics.

Using the calculator, employers can simulate the effects of depression on time and money lost.

Explore the calculator here:

<http://www.workplacementalhealth.org/depressioncalculator/>

Read the 2020-2025 NAMI national strategic plan

As a member of NAMI Chattanooga, you become part of a national network of NAMI members focused on one mission.

The NAMI 2020-2025 Strategic Plan is a bridge between NAMI's rich history and future opportunities, building on the progress achieved over the last four decades.

The plan focuses NAMI's momentum towards three intentional goals to accelerate the mental health movement and maximize our impact:

- People get help early
- People get the best possible care
- People get diverted from justice system involvement



The [strategic plan](#) is designed to facilitate better alignment across 600+ NAMI State Organizations and NAMI Affiliates.

Join NAMI Chattanooga




As a NAMI member, your voice counts. Simply by joining, you make your concern felt and your voice heard in Chattanooga, Nashville and Washington when lawmakers debate issues related to mental illness.


Current members, please consider renewing your membership for the year.

Find the membership form

here: <http://www.namichattanooga.org/join.htm> or

join online at <https://www.nami.org/Get-Involved/Join-NAMI/>

 [Visit our Website](#)

 [Find us on Facebook](#)